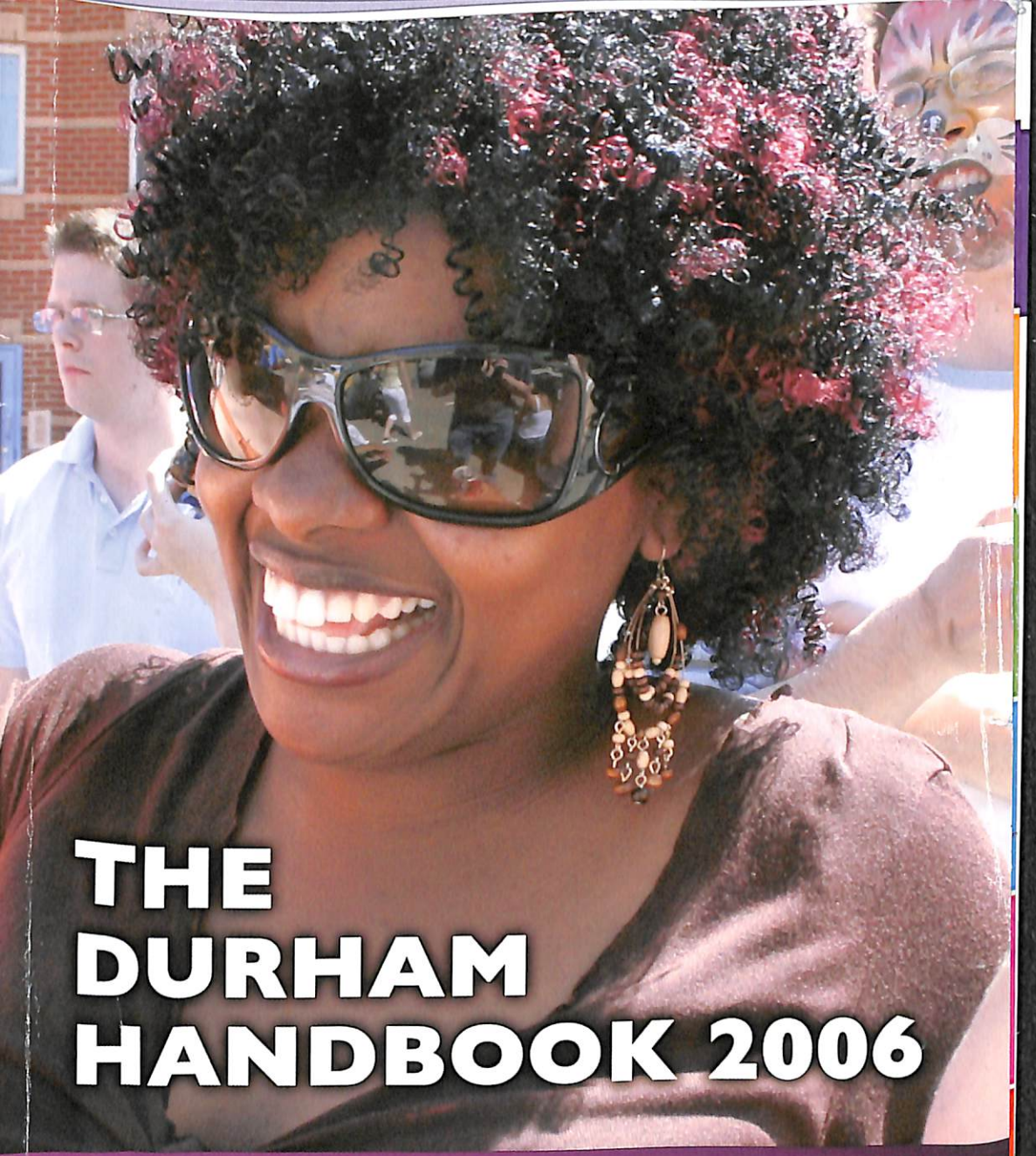

THE DURHAM HANDBOOK 2006

brought to you by
DURHAM STUDENTS' UNION

Events | Bars, Cafés & Shops | Representation | Societies | Welfare

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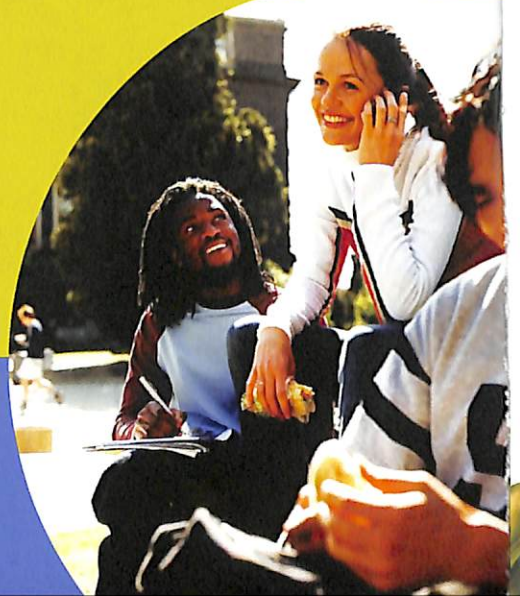
HOW TO FIND US



92 Gilesgate, Durham, DH1 1JA
FREEPHONE: 08081 80 80 80
www.ClubEasy.com

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Welcome to The Durham Handbook 2006!

Whether you're a fresher or returning student I hope you find something useful in here.

The only purpose of this handbook is to be useful to Durham students so if there is some way you think it can be improved please do tell us.

Alex Duncan
DSU President

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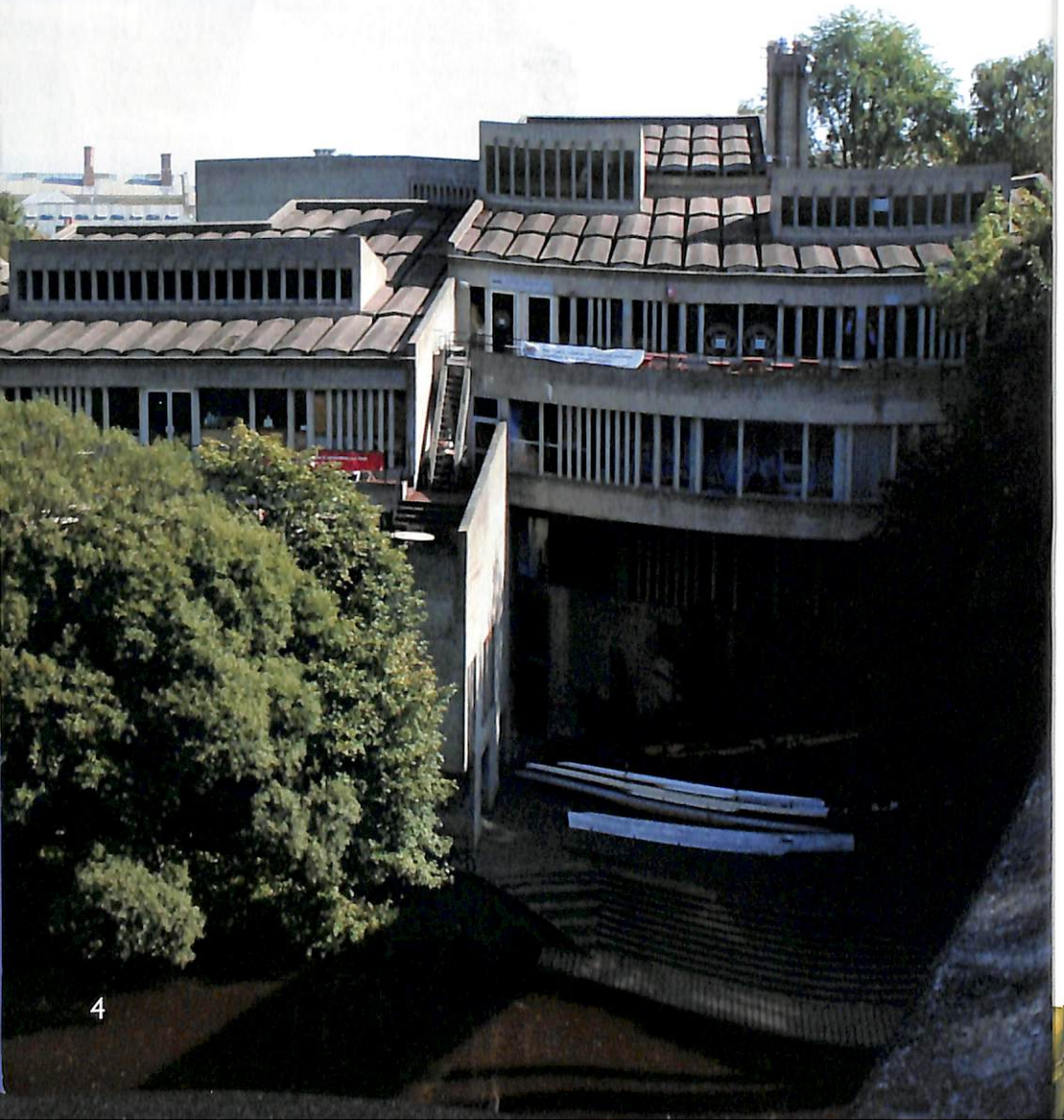
Durham Students' Union



DSU

Welcome to your Union...

We represent all Durham students on any issue that they care about. This ranges from what we study and where we live to campaigning nationally on issues like the cost of education.

Dunelm House is your Union building where we hold events, have a shop, bars, a cafe and much more. All the money we make from these services is put straight back into services such as the DSU Advice Centre, Accommodation Office, and Night Bus. The Union also provides help and support for over 150 societies as well as Purple Radio and Palatinate Newspaper. This year we are running more events than ever with at least 3 late licence events every week including our renowned Friday night Planet of Sound dance event and big Saturday indie night revolver.

How much does all this cost you? You'll be pleased to know that **every Durham Student is automatically a member of DSU for free!**

This is set to be a busy year in Durham with the 175th anniversary of the University, the arrival of a new Vice Chancellor and most importantly more events in your Union than ever before.

If you would like to get involved with all that is going on check out our website www.dsu.org.uk or feel free to drop me an email president@dsu.org.uk or give me a call on 0191 334 1811.

I hope you enjoy your time in Durham as much as I have.

DSU Sabbatical Officers

DSU is run day-to-day by three full-time officers, (see below). Our positions are elected every year by all students in the University and we are always happy to speak to you about any issue. As well as the three sabbatical officers we also have 14 non-sabbatical or part time positions (see pages 7 & 8). If you would like to be more involved in the running of DSU check out our website www.dsu.org.uk.

PRESIDENT

Alex Duncan

0191 334 1811
president@dsu.org.uk

Alex Represents the interests of students both to the university and nationally. He liases with the media and communicates the activities of DSU. Watch out for his fortnightly podcast about what the union is up to. Alex was DSU Communications Officer for two years, has taken part in many plays at Durham and has run his own graphic design company.

TREASURER

Kieren Walters

0191 334 1809
treasurer@dsu.org.uk

Kieren is in charge of the finances and commercial activites of DSU. He decides how the union spends it's money and how it can improve it's Bar's, Cafés, Shops and Events. Kieren was the Senior DSU Rep on his college Exec at Aidan's and was Chair of Durham University Labour Club.

EDUCATION & WELFARE OFFICER

Claire Rasul

0191 334 1779
ewo@dsu.org.uk

Claire is here to support and represent you on matters affecting your course or your health and well being. She campaigns on key issues such as Sexual Health and Alcohol Awareness, and you can also book an appointment to see her for support and advice. Claire was the Welfare Officer on her college Exec at Hild & Bede.

DSU Non Sabbatical Officers

CAMPAIGNS OFFICER

Flo Herbert

campaigns@dsu.org.uk

Flo coordinates the campaigns of the union, from local issues with the university to national issues like Top-up Fees.

EDUCATION OFFICER

Andrew Welch

education.officer@dsu.org.uk

Andrew will be working with Claire to improve DSU's links with course and faculty reps to ensure that your academic concerns are heard by the university.

ENTS OFFICER

Sean Collins

ents.officer@dsu.org.uk

Sean has input into the running of DSU ents and takes a key role in organising bands for the Jazz Café and ideas for new ents.

ENVIRONMENT OFFICER

Toby Walton

environment@dsu.org.uk

Durham is in the middle of applying to become a Fairtrade university and Toby will take this forward as well as recycling and envrionmental awareness.

LIVERS-OUT OFFICER

Joe Doran

livers.out@dsu.org.uk

Almost everyone will live out in their time at Durham and Joe is responsible for campaigning and representing the concerns of livers out.

PUBLICITY OFFICER

Alex Terry

publicity@dsu.org.uk

Alex makes sure that you know what is going on in DSU from meetings and campaigns to elections and motions Alex will publicise it.

DSU Non Sabbatical Officers

RACE AWARENESS OFFICER

Ruqaya Izzidien

race.awareness@dsu.org.uk

Ruqaya campaigns to raise awareness of issues of race affecting students. Past campaigns have included a diversity festival and anonymous marking.

SOCIETIES OFFICER

Lucy Penrose

societies@dsu.org.uk

DSU has more societies than any other Union and Lucy has the task of coordinating them.

SPONSORSHIP & FUNDRAISING OFFICER

Ayesha Allen

sponsorship@dsu.org.uk

A great source of extra funding for DSU is sponsorship and Ayesha is in charge of finding new and innovative ways to raise money.

STUDENTS WITH DISSABILITIES OFFICER

Sarah Mook

disability.awareness@dsu.org.uk

Sarah is in her second year as SWD officer and will continue to be actively involved in the improvement of facilities in DSU and around Durham.

WOMEN'S OFFICER

Hollie Carr

womens@dsu.org.uk

Hollie is taking forward DSU's strong record of active women's campaigns including an annual performance of the Vagina Monologues.

?

Stand for Election

The positions of Men's Officer, Postgraduate Officer and Lesbian, Gay, Bisexual and Transgender (LGBT) Officer are currently vacant.

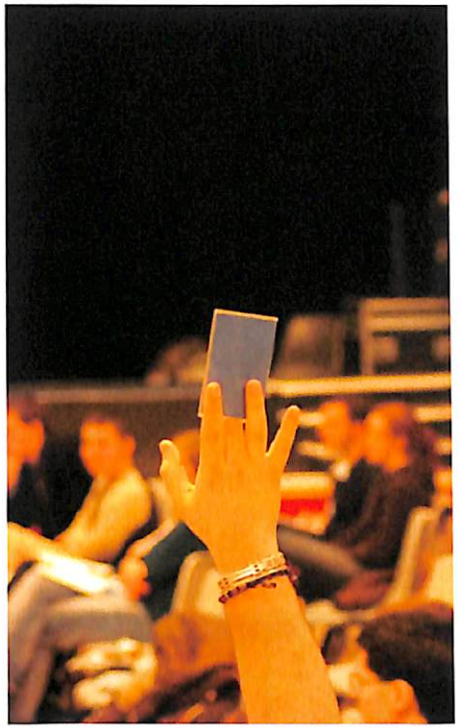
Find out more at:

www.dsu.org.uk/join/

DSU Democracy

The services offered by DSU belong to students. You can have a say and an active role in how these services operate. There are loads of ways to get involved two key ones being General Meetings where all students are eligible to attend and Council Meetings of elected reps from the colleges. They are an opportunity to ask questions of the Sabbatical and Non-Sabbatical Officers and submit and vote on motions. For more information on our meetings an proceedures either speak to your JCR senior Rep or visit:

http://intranet.dsu.org.uk/



SENIOR RETURNING OFFICER

Edain Boak

sro@dsu.org.uk

Edain runs all of DSU's elections.

CHAIR OF COUNCIL

Philip Lawton

chair@dsu.org.uk

Philip chairs all of DSU's meetings.

CLERK OF THE UNION

Dave Leach

clerk@dsu.org.uk

Dave looks after and makes sure we follow the rules.

Representaion & Campaigns

The representation of the Union is carried out by 3 main committees:

DSU President's Committee

College Presidents

They share information and ideas and decide on college issues such as the cost of living in college.

DSU Exec

JCR Snr DSU Reps

They are a key link with the colleges and decide on university or UK wide issues such as Top-up Fees.

DSU Welfare Exec

JCR Welfare Officers

Run awareness campaigns on welfare issues affecting you.

Campaigning this year will be on issues from safe drinking and safe sex to diversity and funding of student activities. A key campaign this year will be gearing up for a fight with the government over the removal of the cap on top-up fees.

ADMISSION: IMPOSSIBLE

the fight continues...

DSU has always opposed the introduction of variable fees and the fight isn't over. The new fight is against the removal or raising of the cap on fees. So another year, another campaign coordinated by NUS, this time called ADMISSION:IMPOSSIBLE

One of the first parts of NUS's campaign is the National Demo in London on Sunday 29th October. As we go to press the issue of whether or not DSU will attend the national Demo is being discussed by the DSU Exec. Check our website to find out more.

www.dsu.org.uk/campaigns/

DSU Services

The profit from DSU Services goes straight back into societies, welfare and representation

The services offered by DSU belong to students. You can have a say and an active role in how these services operate. Below is a brief description of several of the services provided by DSU located within The Union.

Advice Centre

The essential place to go for assistance and advice on any topic. It is free, confidential and impartial. Find out more on page 20.

Accommodation Office

You'll have to live out at some stage of your time in Durham. When need to find a house the Accommodation Office is the place to go. Find out more on page 21.

Kingsgate

This is the main bar in The Union and is a great place to come for a relaxing evening drink during the week and it gets taken over by Planet of Sound every Friday. Look out for Later... in Kingsgate our DJ nights.
www.dsu.org.uk/kingsgate/

Reception

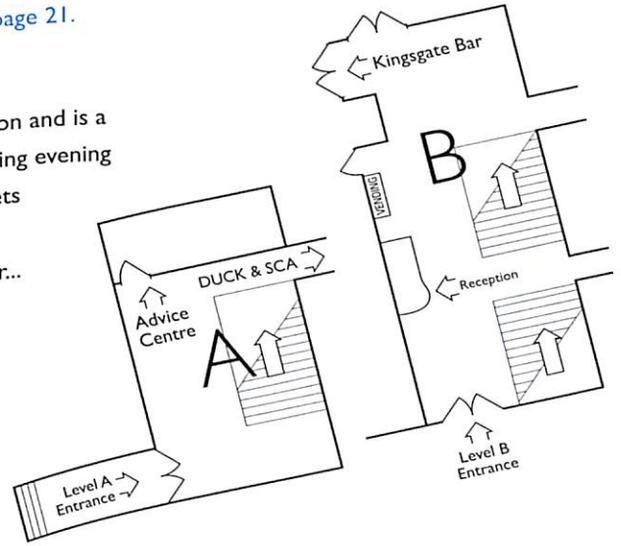
This is the place to ask questions and also buy bus tickets to Queen's Campus.

Riverside Café

This year sees a new menu in the cafe with good food at really good prices. As well as the food you can buy fresh Starbucks Coffee brewed in house.
www.dsu.org.uk/riverside/

DSU Shop

The Shop sells a wide range of products from ethical food, sandwiches and drinks to magazines, greetings cards and stationery. The shop also sells the 'Durham Collection' University branded souvenirs and clothing.
www.dsu.org.uk/shop/



Vane Tempest

One of the smaller venues in The Union, but this does give it the advantage of being more cosy for society events.

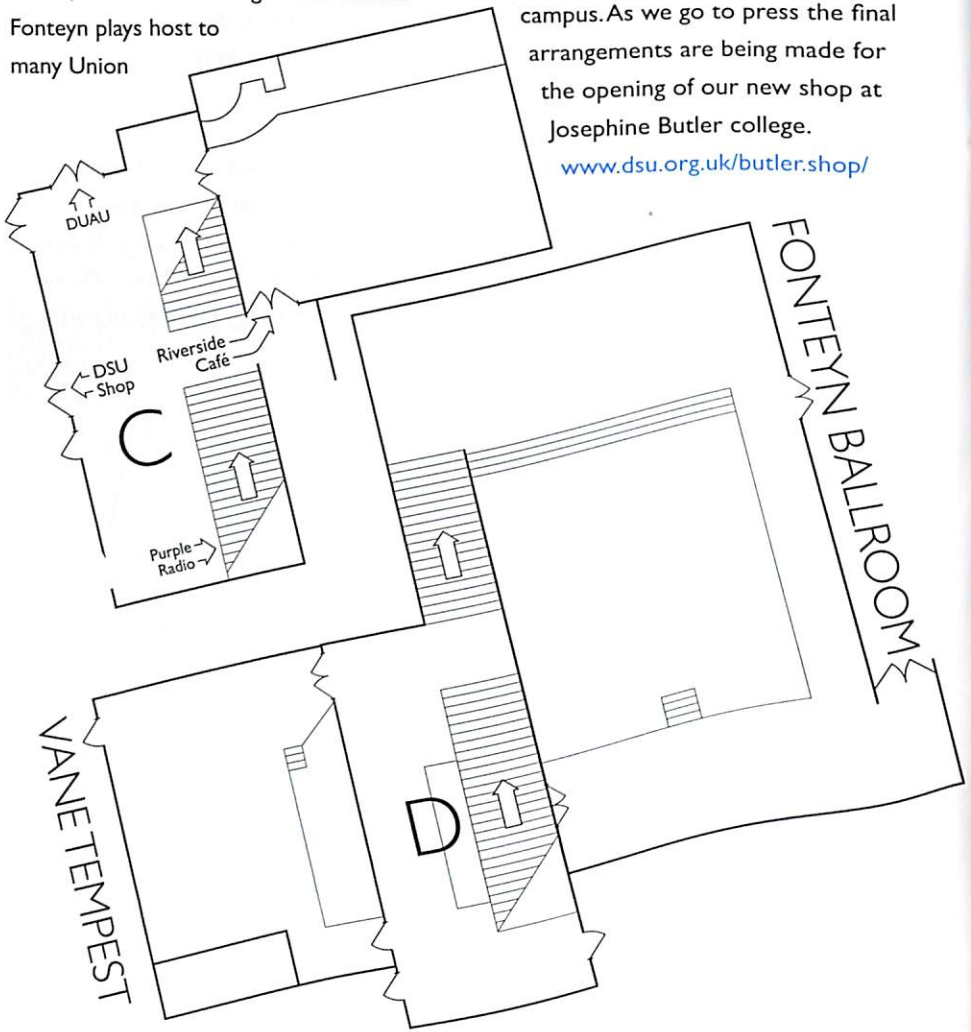
Fonteyn Ballroom

Fonteyn is not only the largest room in the Union, but one of the largest in Durham. Fonteyn plays host to many Union events and is the centre piece of Planet of Sound every Friday (see photo opposite).

Other Services

As well as the services in The Union we also run the Library, Chemistry and Oriental Cafés and supply many of the vending machines you see across campus. As we go to press the final arrangements are being made for the opening of our new shop at Josephine Butler college.

www.dsu.org.uk/butler.shop/



DSU Events

Durham Students' Union will be running more events than ever before this year. Our programme is designed to cater for all tastes and you can buy tickets in the DSU Shop.

Later... in Kingsgate

Every Monday

October Kingsgate | 9pm to 2am | entry: FREE

Friendly, chilled-out, happy vibe sessions. Super friendly and full of good intentions. This is our free-entry late night with guest dj sessions.

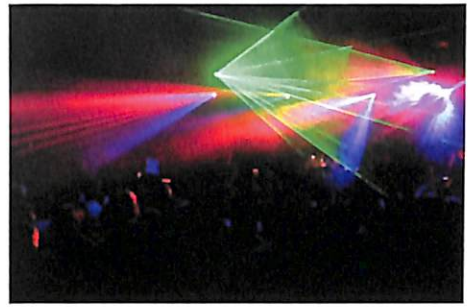
Jazz Café

Every Tuesday

Riverside Café | 8pm to 1am

entry: £3.50 / £2.50[GoldCard]

Live jazz with a relaxing candle-lit atmosphere. The Café will be open late so you can grab a bite to eat.



Twisted

Every Tuesday

Vane Tempest | 10pm to 1.30am

entry: £2.50 / £1.50[GoldCard]

The only night ever in Durham dedicated to electronic music. Drum 'n' bass, electro, techno breaks and more. It's hosted by some of the best electronic DJs.

Pop

Every Thursday

All Rooms | 10pm to 2am | entry: £3

Two rooms of happy dance. Main room is commercial chart anthems and cheese with the second room, club style r'n'b.

For up-to-date information check **www.dsu.org.uk/events/** »

Goldcard

Planet of Sound

Every Friday

All Rooms | 10pm to 3am

entry: £5 / £4[GoldCard] before 11.30pm

£6 / £5[GoldCard] after 11:30pm

Simply, Durham's biggest night. Limited advance tickets go on sale from the DSU Student Shop from Monday 2 October. Entry on the door from 10pm.

revolver

Revolver

Every Saturday

Riverside & Fonteyn | 10pm to 2am

entry: £3.50 / £2.50[GoldCard]

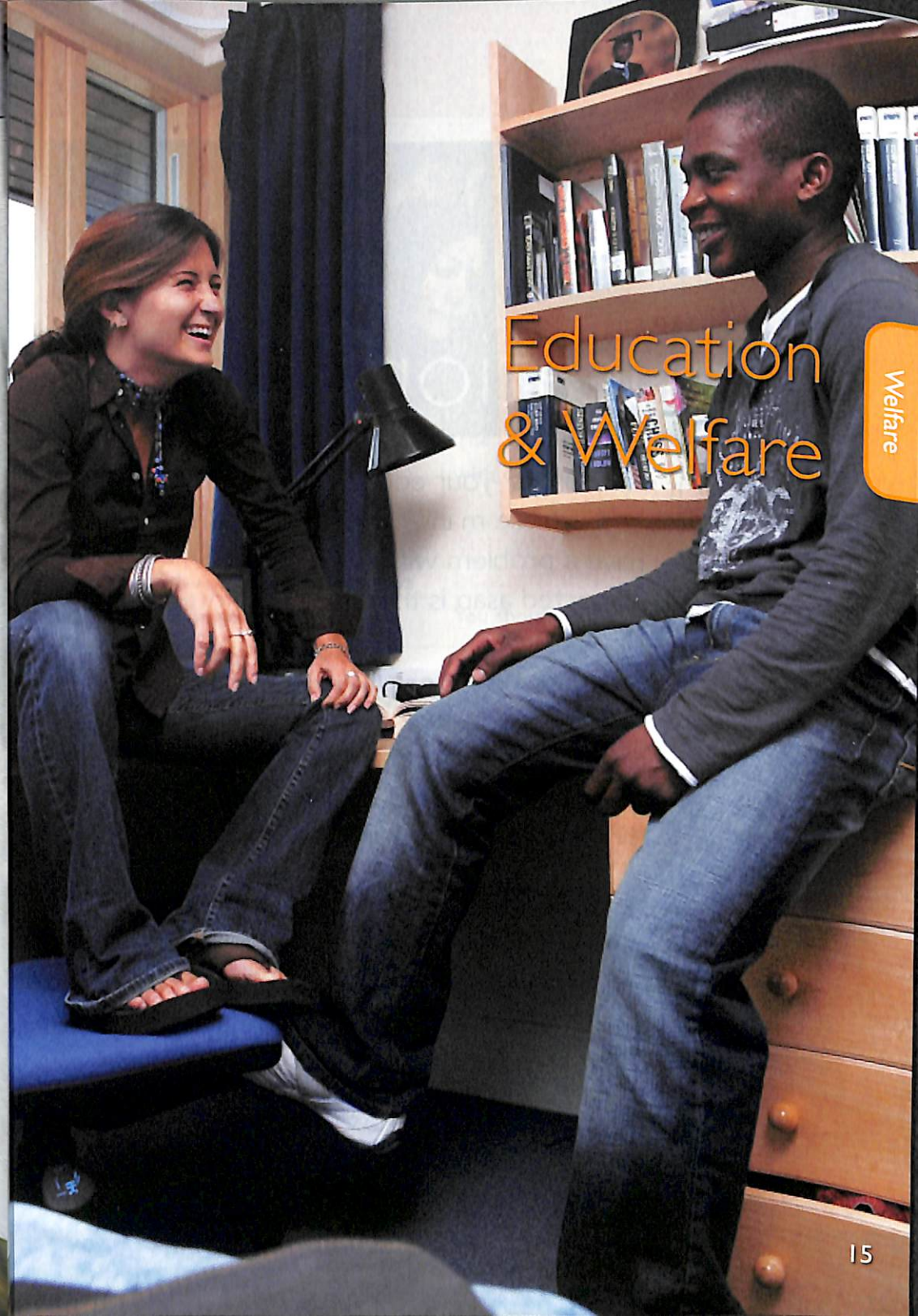
Durham's biggest indie night, featuring great dj's and excellent live support across 2 rooms.

NEW for 2006/07

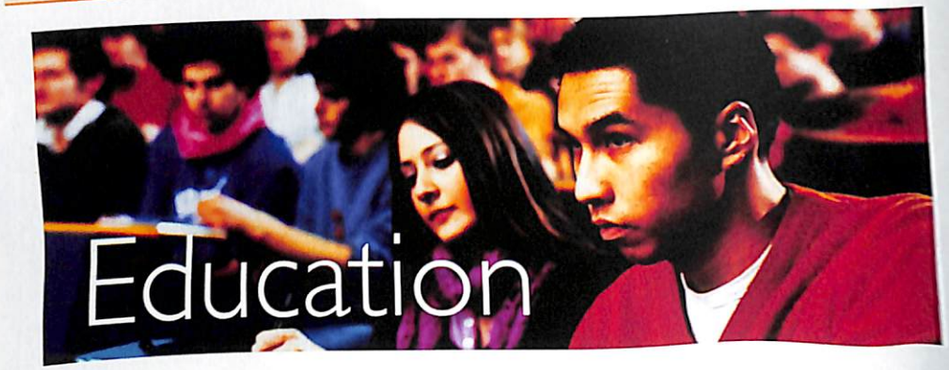
goldcard 2006/07

Our Gold Card gives you discounts across DSU services. Saving you £7 off the the Freshers' Ball, a quid off all our events, such as Planet of Sound, a £1 introductory drinks voucher for the bar and offers in the shops and café. The DSU Gold Card is a steal at...

only £15



Education & Welfare



Education

You'll hear it many times -your education is what you're here for. Whilst there are many other things you're here for too if you have a problem with your education – big or small – getting it sorted asap is the best thing you can do.

What to do if things aren't as they should be:

You want to change course

Make sure you speak to your department and to your Senior Tutor in college who will be able to advise you further.

Don't forget you may have to fill in a change of circumstances form for the Student Loans Company.

You want your lecturers to use better resources

You could try asking them. Most lecturers have office hours and will all have a Durham email address. Many modules have feedback forms and you could mention it on one of these but bear in mind they are usually given out at the end of the module so if you want it to change for you, you have to speak out sooner. You could ask your course rep to bring it up in a Staff-Student Consultative Committee (SSCC) meeting.

You believe your department is making unfair demands of students

You could approach the department yourself or you could ask your course rep to bring it up with the department immediately. You could also get in touch with either the DSU Education and Welfare Officer (full time) at ewo@dsu.org.uk or on (0191 33) 41781or the Education Officer (part-time student officer) at education@dsu.org.uk who are always happy to liase on your behalf.

You work may have been affected by circumstances beyond your control

You should fill in a mitigating circumstances form which can be found at http://www.dur.ac.uk/teachingandlearning.handbook/6a21.doc you should ask for help in filling this in from DSU Advice Centre or from your Senior Tutor. The most important thing to remember is the more evidence you have to submit with your form, the more likely it is to be successful.

You want to make a complaint

If you wish to make a complaint against the university for any reason, you should use the University's official complaints procedure, which you can find at www.dur.ac.uk/secretariat/appeals/. The DSU Advice Centre can help you with this.

You want to appeal an academic decision

You should read the academic appeals regulations, which you can find at www.dur.ac.uk/secretariat/appeals/ and fill in the university academic appeals proforma (found at the same address) in order to submit the appeal. You should seek assistance from DSU Advice Centre or from your Senior Tutor.

DSU Education Committee

DSU Officers

DSU Education Officer
Andrew Welsh

DSU Education and Welfare Officer
Claire Rasul

DSU President
Alex Duncan

DSU Postgraduate Officer
VACANT

DSU Faculty Representatives

Arts and Humanities
Philip Lawton

Faculty of Sciences
VACANT

Social Sciences
VACANT

If you want to stand for any of the vacant positions above, get in touch with your college Senior DSU Rep.

Be a Course Representative!

Each department should have its own 'course reps' representing each course within the department. The course reps should be invited to attend Staff-Student Consultative Committee (SSCC) meetings with members of staff in the department in order to provide feedback, negotiate student interests and give student input to future planning.

If you think that this is not happening, please get in touch with either the DSU Education and Welfare Officer (ewo@dsu.org.uk or 0191 3341781) or the DSU Education Officer (education@dsu.org.uk) who can liase with your department.

There is an enormous pressure on students whilst they are at university, that they should be 'having fun'. But it's not always that simple. It is important to be aware of the risks of things you might do and how to look after yourself but it is also important to be aware of the people who are there to help you if you feel that it's not all going the right way.

EDUCATION & WELFARE OFFICER

Claire Rasul

phone 0191 334 1779
email ewo@dsu.org.uk

Welfare Campaigns

One of Claire's responsibilities is running Welfare Campaigns across the University. If you would like to get involved with campaigning on issues such as mental health, alcohol, and sexual health, or have any opinions or ideas on the running of these campaigns, get in touch with Claire who will be pleased to hear from you.

DSU Advice Centre

Our Advice Centre offers free, independent, confidential and impartial advice for all students within the university on a whole range of issues, including finance and student funding, academic matters, employment and personal issues and can also act as an initial contact for legal advice. It can serve as a representation service for academic hearings as well as for benefit appeals and in the small claims court.

DSU Advice Centre provides small supplies of condoms, dental dams, gloves and lubricant to any student. Attack alarms and Chlamydia Screening postal packs are also available upon request.

The Advice Centre keeps a range of information, should you need to find anything and is also affiliated to the National Association of Citizen Advice Bureaux, United Kingdom Council for Overseas Student Affairs, Federation of Independent Advice Centres and the National Association of Student Money Advisors.

advice centre

Opening Hours

Durham Campus

Level A - Dunelm House
Mon-Thurs 10am - 4pm
Fri 10.30am - 3.30pm
Last Tuesday of every month 5pm – 7pm

Queens Campus

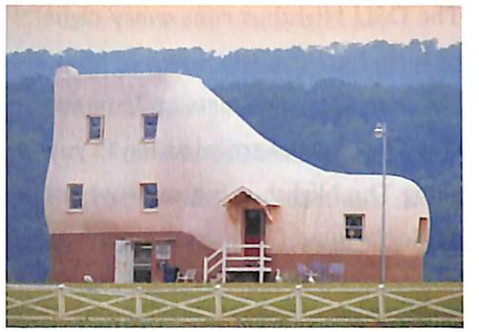
DSU Office - Holiday Building
Wed 2pm - 4pm
Queens Student Services : 40090

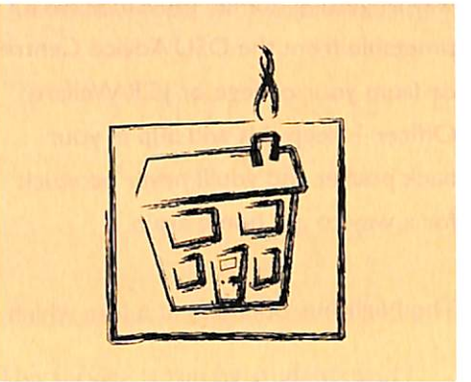
Please telephone or call in to the Advice Centre to make an appointment.

advice.centre@durham.ac.uk | 0191 334 1775

DSU Accommodation Office

Most second years and about half of all third years are 'livers out' meaning they live in accommodation owned by Private Landlords. City Centre property can be expensive – expect to pay on average £68 per person per week. Property outside the City Centre can be cheaper though, so look towards places such as Gilesgate and Langley Moor for more affordable rents.





It is very important not to rush into househunting and signing contracts. Durham now has more bed spaces in the private sector than students living out so it is the students who hold the real bargaining power over landlords.

DSU organises househunting roadshows in each college so that all future livers out are aware of the important things to look out for whilst househunting. Look out for them or ask your JCR Livers Out rep for more details.

DSU also organises 'find a housemate' evenings in epiphany (the second) term where those students looking for people to live with can meet others in the same situation in a relaxed atmosphere so there's no pressure to rush into anything.

http://houses.dsu.org.uk

DSU Nightbus

The DSU Nightbus runs every night of term between the hours of 9pm and 3am (last run starts at 2am) and costs just 50p to travel as far as you're going. The Nightbus is a safer way of getting around Durham during these hours, whether it's a planned journey or you find yourself stuck with no way of getting home. You can collect a timetable from the DSU Advice Centre or from your college or JCR Welfare Officer – keep this and 50p in your back pocket and you'll never be stuck for a way to get home again.

The Nightbus operates at a loss which is covered by DSU, providing a service for all students regardless of gender. There is however, preference given to lone travellers. All students are expected to pay the 50p charge and to behave responsibly and respectfully whilst using this DSU service.

Nightbus Driver's Mobile
07854 838890

Taxi Fair

Run out of money and need to get a taxi? You can use DSU's Taxi Fair Scheme for more info visit:
www.dsu.org.uk/taxi.fair/

International Office

The International Office provides information and advice on issues relating to international study such as visas and immigration. Coming to a new country to live and study can be very difficult at first and it is likely that international students will have a lot of questions. Don't forget the DSU Advice Centre your JCR international student's rep and your College Senior Tutor are all there to help with these issues.

www.dur.ac.uk/international.office/

Service for Students with Disabilities (DUSSD)

Durham is not the easiest place to get around for a physically disabled student so students who may find access difficult should speak to DUSSD (Durham University Service for Students with Disabilities) or their college or department who have a basic legal duty to adapt to specialised needs as much as they can. The Disability Discrimination Act has given people with a disability much greater rights than previously.

Of course, not all disabilities are physical or affect access and DUSSD provides support for students with a range of different disabilities including mental health issues and others such as dyslexia. If you have a disability you may be entitled to financial support from your LEA to help with any extra associated costs with your disability.

0191 334 8115
disabilities.service@durham.ac.uk

Nightline

Nightline is a completely confidential listening service. You can call Nightline or call into the office behind the Dun Cow Pub on Old Elvet. Nightline always has a man and a woman on duty between 9pm and 7am, during term time.

NightLine
0191 334 644

The service is run by students and is free, without affiliation to either DSU or the University. It is open to all no matter what the concern, what information is required or for how long you talk. Nightline offers information on a wide range of subjects from contraception and sexuality to something simple like a pizza or taxi number. Nightline also offers free condoms, pregnancy tests and personal attack alarms.

www.durham.ac.uk/nightline | 0191 334 6444

Drugs

We are not going to tell you what drugs are, what chemicals they are and what each substance will do to you – you can find this out yourself at We will however give you a few things you should bear in mind if you are planning on using illegal drugs at university.

You can't trust your supplier. If you intend to buy drugs from a friend and think this warning is *ridiculous, think* about how far the drug you buy has come before it *reaches your* hands. Unless your friend owns an import-export company in South America, they presumably bought them from someone else, who bought them from someone else, who bought them... you get it.

Because you're buying them from criminals, you have no guarantee that what you pay for is what you get; this means that your drugs could be cut with anything from baking soda to rat poison (which is often found in drugs seized by the police).

The University and Police have a zero-tolerance policy

The University's policy if a student gets caught with drugs says two things. First, they will report you to the police. Second, you will face University disciplinary action, which could well end in expulsion

It depends on the nature and quantity of the drugs as to what the police do but at the very least you will get your drugs confiscated and you will face a fine which could mean a criminal record with implications for your university career and employment prospects. It will also affect any travel plans you might have: many counties, such as the USA won't let you set foo in their country if you have a drugs-related offence on your record.

National Drugs Helpline
0800 77 66 00 | www.talktofrank.co.uk

Addiction

This is when a user of a drug needs to take more and more of that drug in order for it to have any affect and/or can't function without that drug. Addiction can result from use of Tobacco and alcohol as well as illegal drugs.

If you find drugs (legal or otherwise) are having a serious impact on any aspect of your life, academic or personal, you may wish to seek help in giving up. The best way to do this is by visiting a GP at the University Health Centre (0191 386 5081) or contacting a specialist agency like NECA.

North East Council on Addictions (NECA)
0191 298 3544 | www.neca.co.uk

Smoking

Everyone remembers the adverts with the stuff dripping out of the cigarettes, but do you know the risks of smoking? Smoking puts you at a greater risk of cancer of the nose, mouth, larynx, throat, oesophagus, stomach, lungs, kidney, bladder and pancreas, leukaemia, chronic bronchitis and emphysema, gangrene, aortic aneurysm, coronary heart disease, peptic ulcer, peripheral vascular disease and a stroke.
Smoking is the greatest single cause of illness and premature death in the UK. Each year smoking kills 120,000 people, compared with 5,000 who die in road accidents.
Thirteen people die each hour because of smoking.

Want to quit?

The best way to go about quitting is to see a GP at the University Health Centre. You can also find out about local services by calling the NHS Smoking helpline (see below).

NHS Smoking helpline
0800 169 0169 | www.givingupsmoking.co.uk

Alcohol

Alcohol is stereotypically a huge part of the student lifestyle. In actual fact, students like the rest of the population, are massively diverse and whilst some do drink excessively, some drink in moderation and some don't drink at all.

Alcohol is about being self-aware, knowing the dangers and realising your own limitations.

During the initial – and usually most enjoyable – phase of drinking, alcohol which is a sedative, slows down the functions of the body including the brain. This makes the drinker feel less shy and more relaxed as their inhibitions are reduced. As a person continues to drink however, the sedative increasingly affects body functions until their balance and movement are clumsy and sluggish, their speech becomes slurred and they may eventually vomit or pass out.

Alcohol increases the chance of you having a serious accident or placing yourself in unnecessary danger as your judgment becomes impaired. Not to mention the hangover and embarrassment of what you might have said or done the night before.

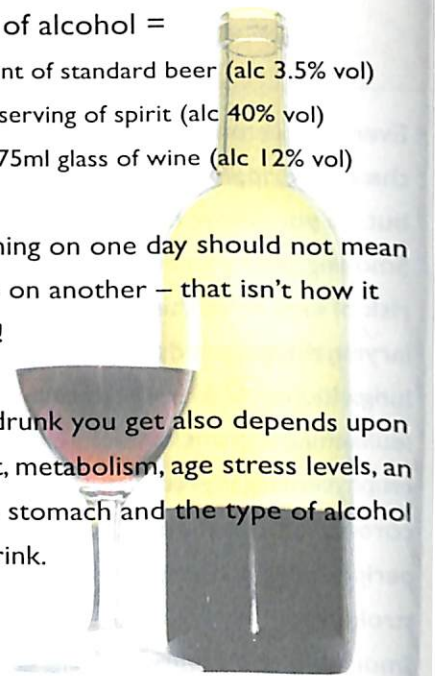
Recommended Daily Limits

Recommended government limits are:
2-3 units or less per day for women
3-4 units or less per day for men

1 unit of alcohol =
half a pint of standard beer (alc 3.5% vol)
a 25ml serving of spirit (alc 40% vol)
half a 175ml glass of wine (alc 12% vol)

Refraining on one day should not mean excess on another – that isn't how it works!

How drunk you get also depends upon weight, metabolism, age stress levels, an empty stomach and the type of alcohol you drink.



If you are worried about how much you drink, you can call:
Alcoholics Anonymous on 0845 769 7555

Drink Spiking

Everyone who has a drink is at risk of having their drink spiked. Regardless of gender, age, sexuality, where you are or who you are with. The most common substance used to spike drinks is ALCOHOL. Other substances include GHB (the 'date rape' drug), Ketamine (horse tranquiliser) and Ecstasy.

How best to avoid your drink being spiked

- Never accept a drink from someone you don't know or trust unless you have seen it poured. Always watch your drinks being poured, and if you are waiting for lots of drinks, keep your eye on the ones already on the bar while the others are being made.
- Never leave your drink unattended.
- Take your drink wherever you go, don't let it out of your sight. Some bars/clubs don't allow you to take drinks to the toilet or on the dance floor for safety reasons. Either finish your drink first or leave it and don't go back to it.
- Bottles and cans are generally safer than glasses, as you can put your thumb over the top. Some bars now give away free 'alco-tops' – plastic stoppers to insert into the bottle top. Don't let these give you a false sense of security and leave your drink – it only takes a second to take the 'alco-top' out and put it back in again.
- If drinking from a glass, keep your hand over it to make it more difficult for anyone to put anything in it.
- Avoid drinks from large, open containers such as punch bowls, pitchers and jugs.
- If you see anyone else's drink being spiked – tell them.
- Remember that tea, coffee and soft drinks can be spiked as well as alcohol.
- If your drink looks suspicious, don't drink it – some drugs turn blue or form crystals when added to drinks. However, don't assume it's ok just because it looks fine!

Doctors

Freshers should register with a GP upon their arrival in Durham. Most students use the University Health Centre who run registration sessions in each college during Freshers Week.

Appointments are available at the University Health Centre between 8.30am and 4.30pm Monday to Friday.

Open Surgery
NO APPOINTMENT NEEDED
9-11am Mon, Tues, Thurs, Fri
2-4pm Wednesday

NHS Direct

You can get fast, free advice and help by calling NHS Direct. If your situation is life-threatening always dial 999.

Medical Practices

University Health Centre
Phone 0191 386 5081
Green Lane, Old Elvet, Durham
www.dur.ac.uk/health.centre

Claypath Medical Centre
Phone 0191 374 6888
26 Gilesgate, Durham

Sherburn Surgery
Phone 0191 372 0441
Grey Avenue, Sherburn Village

Riverside Medical Practice
Phone 01642 604 117
25 Bridge Road, Stockton-on-Tees

NHS Direct CALL 24 HOURS ON 0845 4647

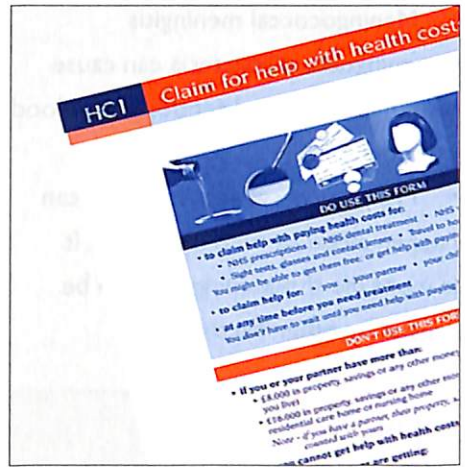
Dentists

It is advisable to remain registered with your dentist from home. Should you need to register however, visit this address to find your nearest dentists and which ones are accepting new patients.
http://www.nhs.uk/england/dentists/

Primary Care Trust 0191 374 4131

Paying for Health Treatment

Students are not automatically entitled to free or discounted health treatments on the NHS. GP visits and hospital treatment will be free, prescriptions and visits to the dentist and optician may cost you money. You can pick up a HC1 form from your GP surgery or the DSU Advice Centre – filling it in can prove to be worth it as most students will be entitled to some form of financial assistance.



What is it?

- Viral meningitis – rarely life-threatening but makes people very unwell. Most people recover after a few weeks with no treatment
- Bacterial Meningitis – can be life threatening, needs urgent medical attention

Although meningitis can be caused by different bacteria, meningococcus is the most common cause of bacterial meningitis.

- Meningococcal meningitis – meningococcal bacteria can cause both meningitis and septicaemia (blood poisoning)
- Meningococcal septicaemia – can happen alone or with meningitis. It is more life-threatening and can be caused by other bacteria too.

Signs and Symptoms

Many of the symptoms of meningitis and septicaemia are very similar to other types of less-serious illness in the early stages:

- Fever
- Vomiting
- Headache
- Stiff neck
- Strong dislike of bright lights
- Joint or muscle pain
- Drowsy and difficult to wake
- Confusion

The Rash

One of the signs of meningococcal septicaemia is a rash which does not fade under pressure (try rolling a glass over the rash). The rash may appear very late on or not at all, so if someone is ill, get help immediately.

What to do?

If you think you or someone else has meningitis or septicaemia:

- Contact your GP or nearest Accident and Emergency
- Describe the symptoms clearly and state what you think it is.

Early diagnosis can be difficult – don't be afraid to ask more than once.

Prevention

Vaccination is the only way to prevent meningitis. The University Health Centre (0191 386 5081) offers this as part of the registration process (for freshers in college), but you can also make an appointment with a nurse to have it at a later date.

Breast / Testicular Awareness

Checking your breasts

- All women should check their breasts for changes ideally one week after their period.
- Look in the mirror for one breast becoming larger or lower, nipples inverting, or dimpling in the skin.
- Lift up your arms and check that both nipples move up the same distance
- Lie down and feel all over your breasts and into the armpits with the flat of your whole hand, checking for any swelling or lumps
- Note any other changes, for example discharge from the nipple, a rash or constant pain in one area.
- Don't Panic - 9 out of 10 breast lumps are not cancerous.

ANY CHANGES SHOULD BE CHECKED OUT WITH A GP AS SOON AS POSSIBLE

Suggestion!

If you have a sexual partner, why not incorporate checking each other's breasts/testicles into sex?

Checking your testicles

Testicular cancer is the most common form of cancer amongst young men. Around 1 in 500 men between 15 and 50 develop testicular cancer but around 96% of cases can be cured if caught early.

- Check your testicles in the bath/ shower when the scrotum is relaxed
- Hold the balls in your hands noting size and weight.
- Most people have one bigger or lower than the other but you should look for changes
- Feel each ball – they should be fairly smooth with no lumps – don't confuse the soft tube which carries sperm to the testicle with an abnorma lump but get it checked out if you are unsure.
- If you're not sure if one feels normal or not, compare it to the other one – it is unusual to have cancer in both testicles at the same time. If you're still unsure, get it checked out.

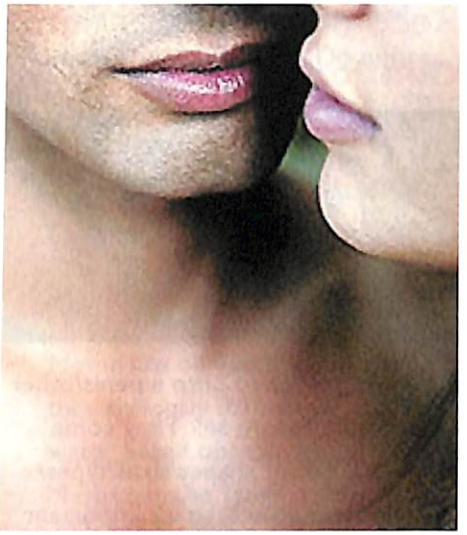
ANY CHANGES SHOULD BE CHECKED OUT WITH A GP AS SOON AS POSSIBLE

Sex - Making it 'Safer Sex'

Sexually Transmitted Infections (STI's)

Sexually Transmitted Infections are just that – infections passed on by sex. It is important to realise that most types of sex – not just the stereotypical 'sexual intercourse' between a man and a woman – poses a risk of transmitting infections from one person/part of the body to another. Some STI's such as genital warts look harmless but can actually cause major damage to your body, while others such as HIV/AIDS and Syphilis can lead to death so it's vitally important you take care of your sexual health!

You can get any symptoms checked out or simply ask for a full precautionary check – a sort-of sexual MOT - at the GUM (Genito-Urinary Medicine) clinic, located at the University Hospital of North Durham (formerly Dryburn). Call 0191 3335660/1 for an appointment and directions.



Many people with an STI don't know they have it as they show no symptoms. This is why you should always use a barrier when having sex, even if the other person appears healthy.

A barrier is something which stops infection from one person spreading to another. It is important to think about routes of transmission which may occur whilst having sex.

For more information on STI's check out:
www.dsu.org.uk/shag/

Recommended barriers used for sex include:

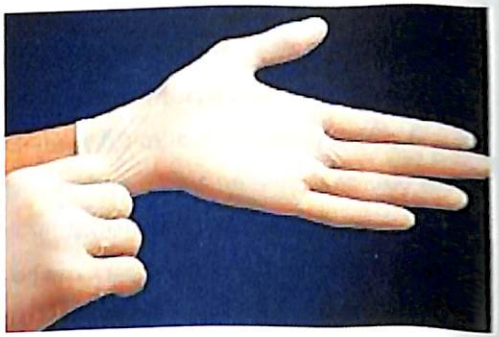
Condoms

A condom is rolled onto a penis/other object/dildo before sex. They come in many different shapes/sizes/types/colours/flavours etc. so it's important to find the type that's right for you/what you are doing. Put simply, you would usually use a condom with spermicide for vaginal sex to reduce the risk of pregnancy, an extra strong condom for anal sex and a flavoured condom for oral sex performed on a man. Flavoured condoms can also be cut open and used for oral sex performed on a woman.

Dental Dams

These are square pieces of latex which can transmit heat and sensation and are usually flavoured. They can be used to cover a woman's genitals during oral sex or a person's anus during rimming (licking the anus of another person).

Gloves



These are used when stimulating another person's genitals. They provide protection from transmission of infection from one person to another through any small cuts on the hands or genitals. Gloves reduce the chance of a tear whilst fisting (the insertion of a hand into another person's vagina or anus).

All these barriers are available free from DSU Advice Centre, your JCR Welfare Officer, the DSU Lesbian, Gay, Bisexual, Transgender Association, Nightline, family planning clinics and the University Health Centre.

See the Directory at the back of this handbook for a complete list of contacts.

More sex safety tips

- Use lots of lube (lubricant) during all types of sex to help prevent tears or soreness which lead to routes of transmission
- Cut and file nails and remove jewellery when inserting fingers into someone's vagina/anus to prevent tearing, and when handling condoms to prevent damage.
- Always check the expiry date on condoms and dental dams has not passed.
- Remove the penis and then take the condom off the penis as soon as a man has ejaculated. Tie it in a knot, wrap it in tissue and put it in the bin.
- Avoid touching another person's genitals and then your own or vice versa without washing your hands.
- Avoid brushing teeth before oral sex to minimise the risk of infection transmission.
- Cuts and sores around the mouth can also provide a route of transmission if an infection is present – use barriers during oral sex.
- Only ever use condoms, dental dams and gloves once. Do not re-use.
- Hold dental dams in place during sex. Mark one side so you know which side is which if it slips off.
- Store barriers in a clean, dry, cool place.
- Never use oil based lubricants as they seriously damage latex. Use water based ones instead.
- Never use the same condom/dental dam/glove for anal sex and then vaginal sex, use a fresh one to avoid transmitting bacteria from the anus to the vagina.

Chlamydia Screening

One in ten young people have Chlamydia. It can be transferred on fingers and the majority of people who have it get no symptoms at all. For this reason, DSU works very closely with the local NHS Chlamydia Screening programme.

Chlamydia is really easy to test for – you just pee in a pot, fill in a form and that's it! You can get a FREE Chlamydia Screening postal test pack from the DSU Advice Centre or from your college Welfare Officer. You post the pot and the form to the lab with your date of birth and wait for your results, which you can opt to receive in writing, over the phone, in an email or by text message – and when they arrive, they are very discreet.

There is a weekly Chlamydia Screening drop-in on a Wednesday 2pm - 4pm in The Union where you can get a test and lots of information on a whole range of Sexual Health issues.

Treatment

Chlamydia is easily treated with a short course of antibiotics which you can obtain free of charge from the Wednesday drop-in at DSU or from the local GUM Clinic.

Look out for the NHS Chlamydia Screening Team at the DSU Freshers' Fair and again at the Pee-in-a-pot days on 1st November 2006 and 28th Feb 2007. They are an opportunity to give your urine test straight to the team who will go and get it tested and get you your results quicker than the postal method.

If you are a Lesbian, Gay, Bisexual or Transgender student, you are invited to the DSU Sexual Health evenings on 6th, 13th and 27th of November in DSU. Members of the local NHS Primary Care Trust will be on hand to give out lots of health information and sex tips as well as being able to test for a range of STI's using really simple tests. For more information or to make an appointment, call the Education and Welfare Officer, Claire Rasul on 0191 3341781 or email ewo@dsu.org.uk

Pregnancy

For a lot of students, being pregnant is not a situation they would want to find themselves in. If you are at risk of pregnancy – ie engaging in male/female vaginal sex – then contraception is something you should think about. You can find details of different types of contraception at shag.dsu.org.uk, from a nurse at the University Health Centre or at any family planning clinic.

If you think you may be pregnant, you can get a free pregnancy test and more information from the DSU Advice Centre, JCR Welfare Officers, Nightline or the University Health Centre.

We realise that not everyone wants to have/feels they should have sex whilst at University. It is however, important that we provide this information for those who may require it. If you wish to explore the ethical implication of sex further, your college chaplain may be a useful person to talk to.

Employment

Some students have a part-time job whilst at university to earn some extra cash. Don't forget that if you are experiencing difficulties with money you should seek help straight away, as there may be a pot of money to which you can apply for assistance.

If you do work whilst you study, make sure you plan your time so you know you have enough of it in which to complete essays and other work.

Breaks

Employees over the age of 18 are entitled to a break of at least 20 minutes if they are working for six hours and must be given 11 consecutive hours rest in a 24 hour period and a 24 hour weekly rest period.

Cash-in-Hand

This is employer fraud and means that, should you be paid cash-in-hand, you would be unable to enforce terms within a contract.

Contracts

You should be given one within two months of starting work and it should state who your employer is, what your job title is, your rate of pay, entitlement to holidays, normal place of work, whether your job is temporary or permanent and the date you commenced work. Your employer can not make changes to your contract without your agreement. If you do not receive a written contract, you still have a contract of employment if you have been hired to do a job in return for payment.

Holidays

You have the right to take four weeks paid holidays per year. This is usually worked out pro-rata so if you have not worked for a whole 12 month period, you would get a proportion of the holiday entitlement.

Employment

National Insurance number

This is something you receive when you are 16 and you keep throughout your working life. You will need an NI number for employment purposes, as it is usually used by employers to check that you are entitled to work. If you are an EU student, you can get an NI number using your EU identity card. If you are an overseas student, you should apply to the Department for Trade and Industry for permission to work in this country.

Night work

Your employer must give you an opportunity to have a free health assessment both before taking up night work, and at regular intervals after this. If you are working at night, make sure you are getting enough sleep in order to study and have a life!

Part-Time Work

It is not the hours that you work which determine your rights, part-time workers should have the same statuary rights as full-time employees, however, what you earn may impact on certain terms such as sickness pay and maternity.

Pay

On Oct 1st 2006 the minimum hourly rate of pay (the minimum wage) for those over 22 years will go up to £5.35 and for 18-21 year olds, it will increase to £4.45

Pay Slip

Your employer must give you a statement of your pay, detailing your gross pay, any deductions and your net

pay by the date of your first pay.

Pensions

If you are over 18, your employer must provide you with access to a stakeholder pension scheme provided there are more than 5 employees in the company.

Sunday work

If you are employed in a shop, you may 'opt out' of Sunday work provided this is not your sole day of work.

Tax

This means during the 2006/07 tax year you can earn up to £5,035 before your income is taxed. Any earnings above this amount are then taxed at 10% up to £2,150; 22% between £2,150 to £33,300; and at 40% on earnings over £33,300.

Temporary Work

If you have been working for a company, then your status is that of an 'employee' even if you are only have a temporary contract. This means your rights are the same as any other employee.

If you are working through an agency, you may not be an employee of the company, but an employee of the agency.

Durham University charges £3000 per year for fees.

Any student who started University before Oct 06 is dealt with under the old fees system.

Tuition Fee Loan

Not dependant on income

If you have a liability for fees then you are eligible for a tuition fee loan to cover the cost of the fees. It is paid by the Student Loans Company to the University on the 1st December provided you are still studying at this time

Fee Contribution Loan

For existing students. You can apply for up to £1,200 to cover the cost of any amount not paid by your LEA

Maintenance Grant

This is up to £2,700 and is dependant upon household income. If household income is less than £17,500 then a student will get the maximum amount. If your household income is between £17,500 and £37,425 then you will get part of the grant – so it is worth applying!

Up to £1200 of this is paid in substitution for the maintenance loan.

Maintenance Loan

This is for study and living costs and 75% is not assessed by household income.

ADMISSION: IMPOSSIBLE

the fight continues...

DSU has always opposed the introduction of variable fees and the fight isn't over. The new fight is against the removal or raising of the cap on fees. So another year, another campaign coordinated by NUS, this time called ADMISSION:IMPOSSIBLE

Find out more at www.nusonline.co.uk

The Durham Grant

The Durham Grant Scheme will be launched for students entering in 2006 and beyond. Up to £12,000 is available in non-repayable support for full-time home undergraduates - over and above any grants or loans from the government

The only criterion is household income and it's a cash award. Simple - no additional administrative burden for you: apply through your LEA (or equivalent in Scotland, Wales and Northern Ireland) for means-tested support and you'll automatically be considered for an award.

There are three levels of Grant depending on your household income

Household Income	Grant %	Grant Value
Less than £17,500	100%	£3,000 p.a.
£17,500 - £22,010	50%	£1,500 p.a.
£22,011 - £27,378	20%	£600 p.a.

Other sources of financial help

If you are experiencing financial difficulties during your studies you can apply to the Access to learning fund. If you have applied to your local authority for assistance (home students only) then you will be eligible to apply for assistance. The Hardship fund is a fund availiable for both home and international students who are experiencing financial problems. Application forms for both The Access to learning fund and The hardship fund are availiable from the advice centre.

duck
durham university
charities kommittee

DUCK OFFICER
Natasha Evans
phone 0191 334 1797
email duck.charities@dur.ac.uk

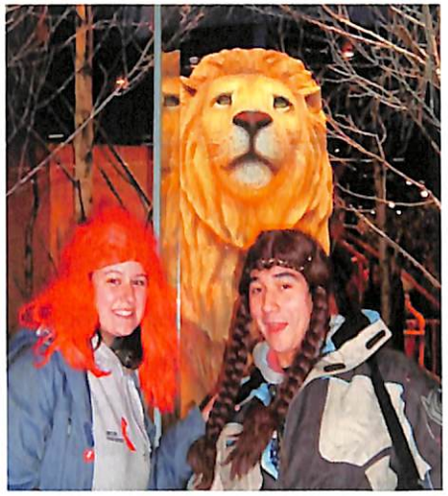
Hello I am Natasha, DUCK Manager for the forthcoming year. In conjunction with the DUCK Director Francis Keay and the DUCK exec, we run some of the best events in Durham! So then you may be wondering what DUCK is apart from a silly acronym invented for a dyslexic student with a fondness for pond life...

DUCK is Durham University Charities Kommittee and it exists to raise money for local, national and international charities. In 2005-06, we raised over £200,00 and made donations ranging from £50 to the Durham Stroke Club to £28,000 to Save the Children. This year we hope to raise £250,000 for the first time in our history.

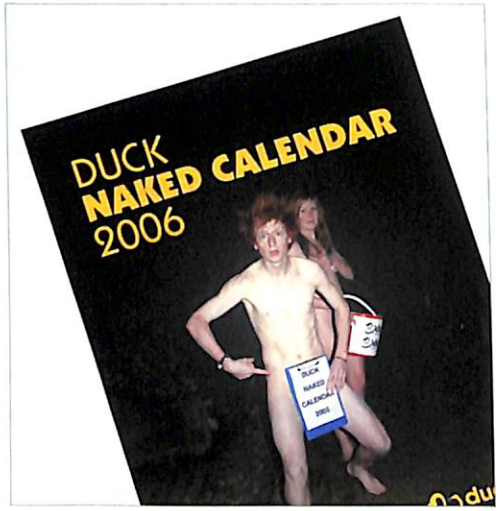
DUCK's main fundraisers are challenging expeditions, to Kilimanjaro, Everest base camp, Sri Lanka, and, new for 06-07, the Great Wall of China. You could climb the world's highest free-standing mountain and then relax on Zanzibar's beautiful beaches. Or climb Everest (okay base camp, we can't send you all the way up) followed by assisting in community projects in Nepal, or walk the Great Wall of China and see some of the world's most amazing sites. If you fancy something different, then get involved with Project Sri Lanka, which involves teaching in a Sri Lankan school and helping to rebuild tsunami-hit communities.

DUCK also run some of the best events in Durham including Back to School. Held in the Students' Union, this is the ultimate combination of amazing music, cheap drinks and school uniform. So dig out your old school tie and dance the night away on one of three dance floors, featuring cheese, Indie and late 90s. Get your ticket early before they sell out. In November witness 10,000 plastic ducks race down the River Wear in the Grand DUCK Race. The fastest duck nets its owner £1000. Not bad for a £1 punt! Don't miss the Charity Challenge Rugby Game between Durham and another university. It's a great night out attracting crowds of 5,000 people; with cheap beer thrown in, who can say no? See the DUCK leaflet in the freshers pack to attend both events and get a DUCK race ticket for the magical price of just £5!! Amazing.

Other important events in the DUCK calendar include Sponsored Hitchhikes to Dublin, Paris, Amsterdam and even Glastonbury. All you have to do is raise a bit of sponsorship money for DUCK and then spend the weekend in some of the best places on earth completely free! Rag raids also form an integral part of the DUCK calendar. They are a great way to visit new cities, be part of a fun team, and to gain a great sense of achievement from supporting amazing national charities.



Or, for the more energetic of you, how about running a half or even full marathon for DUCK? This year we had places for the Great North Run, the London Marathon, the Edinburgh Marathon, and the New York Marathon. DUCK provides support for fundraising and training, so you can make fantastic friends whilst helping charities change lives. Also get DUCKed in the college-based DUCK weekend (24 - 26 November) and DUCK Week (12 - 18 February). Ducks, hits, inter-collegiate rivalry and wanton nakedness take over Durham, creating mayhem and raising tens of thousand of pounds for charities.



DUCK offers something for everyone, so get involved by contacting us:

duck@dsu.org.uk | 0191 334 1797

www.dsu.org.uk/duck

SCA (Student Community Action)

Student Community Action

Student Community Action is the volunteering bureau of the Durham University. Based in Dunelm House, the charity can give you an opportunity that suits both your interests and your timetable.

SCA MANAGER
Katie MacKay
phone 0191 334 1797
email katie.mackay@dur.ac.uk

- Over 42,000 students volunteer whilst at University, giving 3,459,653 hours to their communities and contributing £42 million to the economy every year.

We can get you volunteering with adults and children, animals and the environment, schools and youth groups, gardening, decorating, administration or hands on activities. We run a week long holiday at Easter for children in the local area, and the Christmas shoebox appeal in the University. We can give you the chance to befriend or mentor, visit or supervise, teach or lead. Whether it's something you've done before, or totally new, there will be an opportunity for you. We're there for you every step of the way: with training and student project leadership. If SCA doesn't already offer the volunteering opportunity you'd like to get involved with then we will help you find one.

Volunteering also looks great on your CV. Not only does it give you something different, and relevant to talk about, but it also could give you that edge over other candidates. 'Volunteering done with the right attitude and enthusiasm is essential preparation for the working world.' Plus - If you're interested in a career in the voluntary sector, it's great experience!

• The Voluntary Sector now makes up 2.2% of the total UK Workforce. That's about 628,500 jobs in charities and not-for-profit organizations.

Around 800 students volunteer with Student Community Action in Durham every year, on over 45 projects. It is one of the biggest SCAs in the country. Most students do an hour or two a week, getting out into County Durham and many get involved in running SCA, as part of the student exec or as a Project Leader or College Rep.

Visit the SCA office on the top level of the Union or call 0191 334 1797
You can also visit the website for more specific details on:

www.dur.ac.uk/community.action

Sport

No matter at what level you play, if you like sport then you have certainly made a good choice to come to Durham. There is something for everyone, and even if you have not done a great deal of sport in the past, there are a lot of opportunities to get involved.

It is one of the greatest benefits of the college system at Durham that anyone can play sport. Unlike other universities where sport is often just for the elite Durham prides itself on high involvement. Our college league has everything from hockey and football to ultimate frisbee and allows you to play for pleasure. College teams still perform at a high level especially in sports like rowing where college teams frequently compete in national competitions alongside university and international squads.

The Graham Sports Centre at Maiden Castle is the main site for sport at Durham with 12 pitches, indoor courts and a 4-lane athletics track. The university Fitness Suite is located at Maiden Castle and most colleges have their own gym facilities. The river is also an essential sporting facility for rowing. The University is investing in it's sports facilities, and is supporting the city council in construction of new swimming baths, set for completion in 2008.

Doxbridge

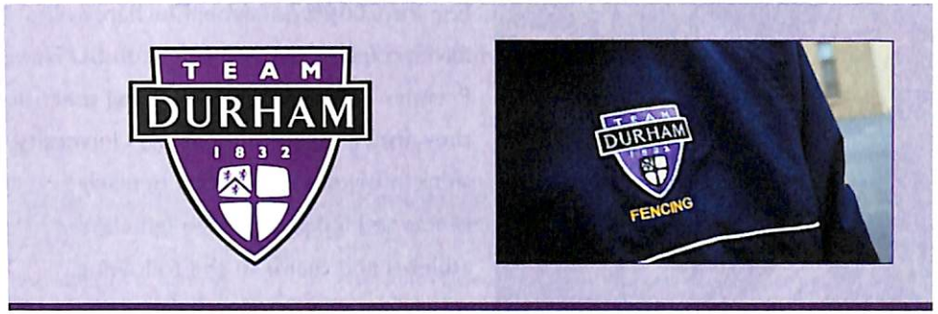
Every year many college teams head to Dublin in order to compete against colleges from Oxford and Cambridge. This week is known as "Doxbridge" and is great, especially if you enjoy the social side of your sport, as Dublin has a very lively nightlife.

Sport at Queen's Campus

Stephenson College and Snow College have a strong college sport scene and a lot of involvement in university-level sport. The social side of sport at Snow and Stephenson is fantastic and you will realise that many of your friends come from the sports teams. Most teams have socials and get together to enjoy each others company and sample a few cheap beverages once in a while.

Sporting facilities at Queen's are currently limited with only one 3/4 sized astro-turf pitch. This failing on the University's part need not diminish the sporting involvement for students from Snow and Stephenson as a regular inter-campus bus service runs to and from Durham stopping opposite sports facilities at Maiden Castle.

Photo : 3/4 size Astro-turf pitch at QC



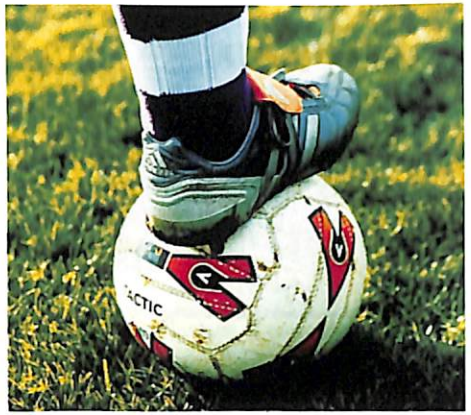
PRESIDENT

Quentin Sloper

phone 0191 334 1699
email sports.union@dur.ac.uk

Durham has a great reputation for University sport and being part of it is a fantastic experience. We are consistently ranked within the top ten in the British Universities Sports Association rankings and have finished as high as fifth position twice over the last four years. To maintain this level we are always looking to recruit the very best athletes, so if you are a prospective student, or someone who is already at Durham but has not yet got involved, please contact us, as we are always happy to answer any of your questions. General enquiries should go to the President.

For clubs and athletes competing at High Performance level, additional support is in place through the Team Durham High Performance programme. This provides the clubs' athletes with additional fitness, nutrition and injury support, whilst the clubs are mentored to ensure that they get the best out of the programme. We also have a number of TASS athletes.

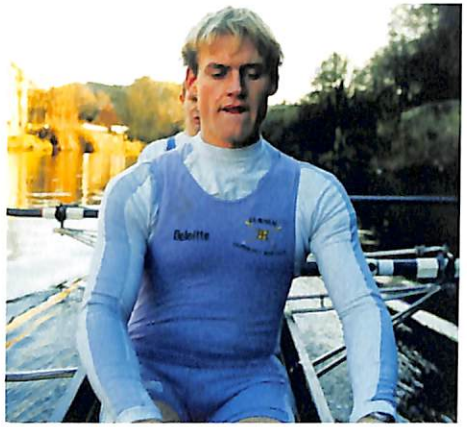


For the 2006/07 season, Durham will have no fewer than 13 teams in BUSA Premier Leagues, demonstrating that they are all within the top 12 University sides in Britain. We are particularly renowned for producing high class athletes and teams in the following sports: Men's and Women's Cricket, Rowing, Men's and Women's Hockey, Men's and Women's Fencing, Rugby Union, Women's Lacrosse and Canoeing.

We cater for over 55 sports, but at the same time we are always looking to increase our programme. As a consequence, if you play a sport which does not appear to be part of our current programme, please get in touch with the President who will be pleased to help wherever possible.

Interested in possibly playing University sport?

Then why not come along to our Sports Fair on October 3rd and 4th at Three Tuns Hotel, New Elvet. (10:00 -16:00)



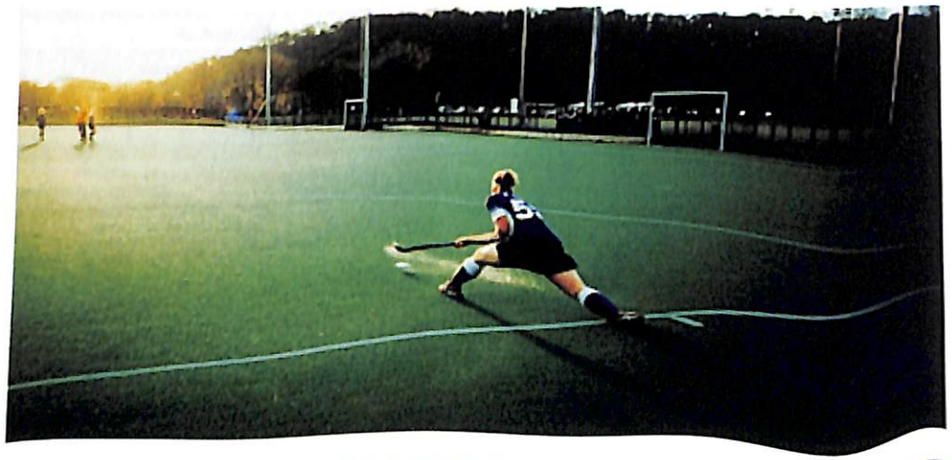
University Sports Clubs

Here are all of the University Club Captains' contact details. If you would like specific information about one of the Clubs, please feel free to contact them or visit the Team Durham website:

www.teamdurham.com

Club	Captain	Email
Archery	Laure Bourguignon	laure.bourguignon@dur.ac.uk
Athletics (X-Country)	Maryanne Macleod	m.a.macleod@dur.ac.uk
X-Country (Athletics)	Nick Rooke	n.j.p.rooke@dur.ac.uk
Badminton	Paul Marsden	p.d.marsden@dur.ac.uk
Basketball	Ben Pulman	b.a.o.pulman@dur.ac.uk
Boardriders	Alex Payne	a.m.payne@dur.ac.uk
Boats	Martin Hill	m.j.hill@dur.ac.uk
Boxing	Neil Brown	n.j.brown@dur.ac.uk
Bridge	Laura Perryman	bridge.club@dur.ac.uk
Canoes	Matthew Corke	m.p.corke@dur.ac.uk
Clay Pigeon	Rob Meadley	r.a.meadley@dur.ac.uk
Cricket (Men's)	Tom Bartram	t.s.bartram@dur.ac.uk
Cricket (Women's)	Rosy Graham	r.m.graham@dur.ac.uk
Cycling	Robert Currall	r.j.s.currall@dur.ac.uk
Darts	Oliver Browne	oliver.browne@dur.ac.uk
Equestrian Club	Alexandra Rees	a.l.rees@dur.ac.uk
Fencing	Philippa Stewart	p.h.stewart@dur.ac.uk
Fives	Adrian Lee	a.t.l.lee@dur.ac.uk
Football (Men's)	Kevin McGrath	k.f.mcgrath@dur.ac.uk
Football (Women's)	Emma Poole	e.l.poole@dur.ac.uk
Golf	Paul Dix	p.a.dix@dur.ac.uk
Gymnastics/Trampolining	Adam Rear	adam.rear@dur.ac.uk
Hapkido	Joe Austen	j.m.austen@dur.ac.uk
Hockey	Katie Riddell	durham.hockey@dur.ac.uk
Judo	Nickiwe Cairns	n.e.cairns@dur.ac.uk
Kart Racing**	Robert Jones	r.n.jones@dur.ac.uk
Lacrosse (Men's)	Rob Arnott	r.m.arnott@dur.ac.uk
Lacrosse (Mixed)	Kate Shires	k.r.shires@dur.ac.uk
Lacrosse (Women's)	Alex Griffiths	a.f.s.griffiths@dur.ac.uk

Club	Captain	Email
Mountaineering	James Budge	j.j.r.budge@dur.ac.uk
Netball	Helen Gemmell	h.e.gemmell@dur.ac.uk
Orienteering	Elizabeth Bridge	elizabeth.bridge@dur.ac.uk
Rifles	Cat O'Donovan	j.s.dawes@dur.ac.uk
Rugby League	Matt Woodward	m.s.woodward@dur.ac.uk
Rugby Union (Men's)	Frank Keenan	f.e.keenan@dur.ac.uk
Rugby Union (Women's)	Sarah Lucas	s.e.lucas@dur.ac.uk
Sailing	Henry Foster	h.g.s.foster@dur.ac.uk
Shotokai Karate	William Black	w.r.f.black@dur.ac.uk
Shotokan Karate	Andrew Roberts	a.j.roberts@dur.ac.uk
Skiing	Matt Bradley	m.j.bradley@dur.ac.uk
Squash	Toby Jacklin	t.j.jacklin@dur.ac.uk
Sub Aqua	Henry Bennett	h.a.bennett@dur.ac.uk
Swimming	Jon Reilly	swimming.club@dur.ac.uk
Table Tennis	Jonathan Boland	jonathan.boland@dur.ac.uk
Tennis	Tom Powell-Tuck	t.s.powell-tuck@dur.ac.uk
Taekwondo	Alexander Malt	a.j.malt@dur.ac.uk
Ultimate Frisbee	Daniel Friedberg	daniel.friedberg@dur.ac.uk
Volleyball	Andrew Macaulay	andrew.macaulay@dur.ac.uk
Water Polo	James Paterson	j.s.i.paterson@dur.ac.uk



DSU Associations & Media are another way to help you get the most out of your time here.

International Students Association

The ISA is a student-run association which aims to cater for the needs of the colourful community of students from around the world at Durham. ISA host various events to get people with all kinds of interests involved, keeping in mind the diversity of international students. The ISA is one of numerous points of call for international students in Durham (alongside the colleges, JCRs and the International Office). They are primarily concerned with organising social activities, and making the student experience as enjoyable as possible. The association is run by the executive committee, though they rely heavily on the keen help and participation of members!

http://www.dur.ac.uk/is.assoc/

Lesbian, Gay and Transgender Association

Despite being a relatively small university, Durham has a large and active Lesbian, Gay, Bisexual and Trans Association, the LGBTa. If you are a member of Durham Students' Union and self-define as LGBT, you don't need to join; you're already nominally a full member.

The LGBTa's activities can be divided into three broad categories:

Social

The Association run a variety of events throughout term to cater for a range of tastes, from our regular Monday Night Social, coffees, and cinema trips through to visits to the Newcastle scene and larger events such as Shipwrecked! and the Q-Ball.

Welfare

From our office in DSU, the Blue Room, we dispense free safer-sex supplies and literature. We also hold drop-in hours throughout the week where a listening, non-judgmental ear is available in complete confidence.

Campaigns

We represent your interests to DSU, NUS and other relevant organisations, campaign on a number of LGBT-related issues, facilitate discussion, and organise a high-profile annual Awareness Week.

To stay informed about all aspects of the LGBTa's activities, join our discrete mailing list. Simply send a blank email with 'Association List' in the subject line to secretary@lgbta.dsu.org.uk from the address you would like to receive emails.

For more info please don't hesitate to contact us at lgbta@dsu.org.uk or pick up our handbook from the Blue Room, or at any social.

www.lgbta.dsu.org.uk

Mature Students Association

DSU needs some mature students to run the Mature Students Association. To help get involved and be a part of a thriving community of mature students please contact us: president@dsu.org.uk.

Postgraduate Association

The Postgraduate Association aims to offer representation, assistance and support to postgraduate students throughout the university. All postgraduates are automatically members of the PGA, regardless of college affiliation. PGA is the channel for voicing postgraduate interest on a collective basis within DSU and also with university management on matters that affect all postgraduate students, such as postgraduate training programmes and facilities.

Students with Disabilities Association

The Students with Disabilities Association (SWDA) aims to represent and further the interests of students with disabilities within the union and the university. Sarah Mook, DSU's SWD Officer chairs the Association and active membership is encouraged in order to achieve success in both representation and recreation.

Palatinate (Student Newspaper)

If you intend to pursue a career in journalism, getting involved with Durham's only student newspaper Palatinate is a step in the right direction. Past Palatinate editors have included George Alagiah, Hunter Davies and Jeremy Vine. Our newspaper is designed to give students the chance to follow in their footsteps. We'll teach you how to interview, investigate, edit and sub-edit with computer programmes used in the 'real' media world. We are always looking for writers, editors and photographers so join us at our regular staff meetings or visit our website. Palatinate is published fortnightly so don't forget to grab your copy.

www.dsu.org.uk/palatinate/

Purple Radio (Student Radio)

purple.dsu.org.uk purple radio

Purple Radio is Durham University's Student Radio Station. Purple broadcasts over the internet 24/7 every term and provides listeners with the best new music and classic tracks, as well as talk shows. Purple is a fully functioning radio station; there are many ways you can get involved. In addition to presenters, the station has a dedicated music team, which writes music and gig reviews, our marketing team works endlessly to promote Purple in Durham. You can also get involved in the technical side running the IT systems. Check out our website for more info and how to join.

www.dsu.org.uk/purple/

Societies are one of the most popular parts of DSU and we are proud to be able to say we have more societies than any other students' union in the country. They provide a great way to get involved in something you enjoy and meet new people.

SOCIETIES OFFICER
Lucy Penrose
email societies@dsu.org.uk

Societies are easy to get involved with. They cost a small amount to join usually around £10. Once you're part of a society you can take part in all of their activities and stand for election to be on the 'Exec' who run the society.

Societies Reform

Over the years the number of DSU ratified societies has increased and the amount of money they are able to claim has fallen. This year DSU will review the way we ratify societies to see what more we can do for them and how that is best achieved. This process will hopefully see a great improvement in the amount of support we provide to societies, allowing you to get the most out of your time at Durham by doing what you enjoy.

A

Absolutely Fabulous

The Absolutely Fabulous Club is firmly opposed to the mainstream lad and ladette culture that so unfortunately prevails under the pressures of the modern age. We would like to promote ladylike behaviour at all times, even under more stressful circumstances, and in both sexes, and to create an atmosphere of bonhomie and mutual trust amongst a circle of like-minded male and female acquaintances.

Aerobics

Come along to aerobics – it's a great way of keeping fit, toning up and having fun in a safe and non-competitive environment. Our professional instructors cater for all abilities so you can work as hard or as little as you like! – The aim is to have fun...so why not give it a go?! We also hold Pilates classes.

Aikido

Aikido is a dynamic Japanese martial art which uses circular and flowing movements and concentrated poise to re-direct an attacker's force and energy, using his own momentum against him in order to allow even the smallest individual to defend themselves effectively. To understand how it works at a fundamental level we learn to use the sword, knife and Jo, as well as how to disarm an attacker armed with these.

Alternative Music (Altsoc)

The Alternative Music Society (altsoc) promotes gigs and alternative music nights in Durham, Newcastle, and the surrounding area. We give up to date listings of every gig happening everywhere and we'll even organise a bus to take you there. We meet up for parties, bar crawls and all kinds of great social events and we organise regular gigs and DJ nights to give you musical relief from the cheesy Durham nightlife.

Amnesty

The Amnesty International Student Group is part of a worldwide, independent organisation which works to promote the Universal Declaration of Human Rights. We meet to write letters to campaign for the freedom of prisoners of conscience, the freedom of speech and to end torture and political killings.

Anglo-Japanese

The Anglo-Japanese Society strives to bridge the cultures of East and West. Working closely with both Durham University students and those of Tokyo's Teikyo University, we help members to broaden their knowledge of these intriguingly different cultures. We hold various events and socials which help further the understanding of Japan for Durham students and creating many opportunities for Japanese exchange students to immerse themselves in our culture.

Animal Rights

The Animal Rights Society exists to raise awareness of animal rights and welfare issues. We aim to provide a forum for discussion, education, and campaigning around issues such as factory farming and vivisection.

Anthropology

We exist to bring together Durham students from all disciplines who are interested in diverse cultures. The society holds themed events such as the highly successful African Evenings. The society aims to raise money for worthwhile causes such as the Hoja Project, which promotes vocational training and health education in rural Tanzania.

Anti-sweatshop

Durham Anti-Sweatshop Society is part of an international movement to build direct action and practical links of solidarity to help workers around the world confront their bosses and change their own lives for the better. We aim to promote awareness of the proliferation of sweatshops and participate in national campaigns.

Apres Ski

The Durham University Apres-Ski Society (DUASS) aims to replicate the good times that can be had after a gruelling day on the slopes. The emphasis here is on the APRES, rather than the SKI. Fasten those salopettes, let's all fondue!

Arabic

To promote and further understanding of the many and varied cultures of the Arabic-speaking world and the role Arabic has to play in the world today.

Archaeology

The Archaeology Society aims to provide a range of social and archaeological activities for its members, including the organisation of regular field trips at archaeological sites, and arranging lectures from visiting academics. Socially, the Archaeology Society aims to bring together students, staff and postgraduates from across the University to encourage greater integration. We also liaise with local archaeological societies to run large-scale activities.

Arts

We aim to give you a direct link to everything cultural and contemporary. Being inclusive of every element of 'the arts', whether you're into painting, graphics, performance art, music, in us you'll find unrivalled event promotion and organisation, including local outings, creative events, international trips, and student run artistic exhibitions.

Assassins

The main game involves each member of the society being assigned another member as a target. They then have to hunt down and "kill" that target within a set time period. When a player is "killed" the entertainment does not stop, they can then go on to become a bodyguard or an Inquisitor.

B

Ballroom & Latin American Dance (BALADS)

BALADS aims to give everyone the opportunity to have some light-hearted fun and acquire a valuable social skill. Lessons are held every Tuesday evening in the Fonteyn Ballroom, in the Union. We have two excellent instructors who give step-by-step tuition and the emphasis is on having fun and being able to dance in a few sessions. We hold two annual balls to show off our new skills.

Belly Dancing

Ever wondered how Shakira got that shimmy? Come along to the Belly Dancing Society and find out! Don't be put off by the images of bare jiggling flesh; midriff baring is not a requirement and size DOES NOT MATTER! Neither do you need any prior experience. It's a fantastic and fun way to get fit and tone up. At Belly dancing we put as much enthusiasm into socialising as we do dancing, so come and join in!

Big Band

Durham University Big Band exists to promote live Big Band music in Durham. Holding auditions in the October of each academic year, our 20-piece band, comprising trumpets, saxophones, trombones and rhythm section perform across Durham and the North East in general, including our frequent 'Big Gigs' held at the end of termtime in DSU.

Biological

The Biological Society welcomes all students who have an interest in Biology. With events including socials, trips to the Farne Islands and other exciting places, engaging guest speakers on current issues, photography competitions and careers information, we cater for all those with a general interest in biology and want to be involved in activities outside of lectures and practicals.

Brasov Orphanage

Our aim is to highlight the exist-

For up-to-date information check www.dsu.org.uk/societies/ »

Nothing for you here? Start your own society!

ence of the forgotten children of Brasov County, Romania and raise funds in order to aid the transition from state run orphanages to private foster homes. We organise local community events, charity bar crawls, nationwide fundraising projects and sponsored activities. Our members may have the opportunity to travel to Romania, experience the situation first hand and provide help and support for the projects that we work with.

Brass Band

The Durham University Brass Band is a vibrant society based in the Music department. We rehearse every Tuesday evening and aim to perform on several occasions during each term. The band is mostly non-auditioning, promoting the ethos of inclusion and therefore welcome players of all abilities. We play a wide variety of music such as the traditional 'Pomp and Circumstance' to pieces written by our own players.

C

Caledonian

The Caledonian Society is one of the most established and popular in the University. The Society is about learning to dance Scottish reels and then putting them to practice at the prestigious Alnwick Ball held in February. We have practices every week and also hold a more informal ball at the end of the Michaelmas Term.

Capoeira

Capoeira is a Brazilian Art Form, which combines elements of dance, play and ritualistic fighting. It evolved from the struggle of African slaves against their oppressors and its history is deep with warrior rituals from Central Africa. Capoeira is a celebration of life in the face of everyday struggle. It develops confidence, combined with a strong feeling of centre and balance.

Catholic

The Catholic Society is part of a wider community of St Cuthbert's Catholic Church. A variety of events are organised, including Ceilidhs and discussion days.

Chamber Choir

We hold highly competitive auditions to form a select group of about 20 singers and arguably one of the best choirs in Durham. We rehearse weekly and we present concerts of contrasting music from all periods and styles. We sing a termly evensong in Durham and other cathedrals in the north. Our recent annual tour locations have included Paris, Italy and Poland. The year climaxes with our renowned charity concert on the River Wear performed to well over 200 spectators.

Change Ringers

DUSCR is a society for bell ringers. We welcome experienced ringers of any level, as well as those who wish to learn. We practice on Wednesday evenings, and a large DUSCR contingent can usually be found at most of the local practices too. We enjoy an active social life including an excellent black tie dinner each December.

Chemical

The Chemical Society is a departmental-based Society providing a means for Chemists to socialise with each other regardless of academic standing.

Choc Soc

Got cocoa on the brain? Then join Choc Soc - surely the sweetest society in Durham! We have chocolate, and want to share it with you. We hope to promote chocolate of all types, with events ranging from international chocolate tasting to chocolate games; chocolate films to trips to Cadbury's World! With free chocolate at all events how could you resist?

Choral

The Choral Society is one of Durham's most prestigious musical groups. We sing two or more concerts a year, often in the Cathedral, working with professional soloists and accompanied by the University Orchestra. Membership, via a short audition, is open to anyone within the University. The choir rehearses each Monday from 7.30 to 9.30 pm during the first two terms of the year.

For up-to-date information check www.dsu.org.uk/societies/ »

Christians in Science (CiS)

Durham University Christians in Science is a local group of the national CiS society (www.cis.org.uk). Our aim is to promote the link between science and Christianity, and to challenge the idea that there is a conflict between them.

Classics

The society aims to provide a means for Classics students and staff to get to know each other in a social, as well as academic, context. It organises social activities and Classics related outings as well as arranging for speakers to visit.

Computing

We are a small but lively Society, dedicated to supporting non-academic and home use of computers by staff and students of the University.

Concert Band

We intend to provide a group for any brass, wind or percussion player to perform in, regardless of standard and experience. We have no auditions and make every effort to make our music accessible to all. Our repertoire is varied and covers all styles and periods of music over the past year, from Carmen to Gershwin, traditional Christmas tunes, to modern concert pieces and film music. We perform at least two concerts every year and we also hold social events each term.

Conservation

We are involved with conservation work in and around county Durham, such as tree-planting, hedge-laying and shrub clearance. We often work alongside other organisations such Durham Wildlife Trust and English Nature. We organize trips and midweek socials, and we aim for a residential each term.

Conservative Association

Durham University Conservative Association is one of the largest societies in the University and the second largest branch of Conservative Future in the whole country. We currently have around 180 members of which many attend every event that we hold. We put on various types of events such as our annual ball and end of year dinner, guest speakers and most importantly our discussions and campaigns throughout county Durham and Newcastle.

Creative Writing

We aim to provide an outlet for budding writers to meet, share their skills, experience and opinion with others. We plan to conduct writing workshops, sessions for feedback on your own work, and socials! We invite guest speakers to talk about their work and help guide our own. Whether you're interested in writing poetry, prose or plays, and whether you're a complete beginner or a published author, the creative writing society is for you.

Cym Gym Dyrym (Welsh)

For those students interested in Wales, its language and culture, Durham University Welsh Society provides events and opportunities with a Celtic twist. Social gatherings, cultural evenings, musical visits, celebrating sporting achievements, Welsh lessons and an annual Eisteddfod are all featured on the society's calendar. We operate a completely bilingual society, offering those students who speak Welsh the chance to socialise in their mother-tongue.

D

Dissent

Dissent is a magazine written and produced by Durham students. We aim to publish two magazines a year and issues often have a broad theme. Our most recent issue was environment-themed, covering topics from environ-

DSU is reforming the way we run societies www.dsu.org.uk/societies/reform »

mental activism to recycling to ethical consumerism. Each issue also includes news and events from related societies.

Duke of Edinburgh

The Duke of Edinburgh's Award Society offers the opportunity for students to either start an award from scratch or to carry on with an existing award. We usually only offer the Gold Award, however we can also cater for students wishing to undertake the Silver Award if there is high enough demand. Please note completion of previous awards is not necessary.

DULOG (Light Opera)

DULOG is the largest musical theatre society in Durham, having been established over fifty years ago. The society gives students the opportunity to be involved in a range of shows, from Gilbert and Sullivan to West End hits. Students can become involved in every aspect of DULOG production; developing performance skills, as musicians in the band, or as part of a production team: directors, producers, choreographers and technical crew are all drawn from the student body.

DUMS (Music)

DUMS aims to provide every student within Durham University an opportunity to access many different types of music, from Jam Nights to Piano Concertos. As a society, DUMS offers to its members regular lunchtime concerts, and lively social events, this year aiming to hold a Christmas ball, trips to shows within the North-East, a monthly newsletter and a website to keep members updated of all events.

DUSAGG (Scout and Guide)

Do you have a burning ambition to do something different and have loads of fun? Do you want to give something back to the local community whilst being part of a family of 1.1 million people in the UK alone? As a group we enjoy a wide variety of activities, both indoors and outdoors, so even if you don't like camping and walking, we're sure you'll like eating and relaxing with friends.

DUSSSK (Students Supporting Street Kids)

Students Supporting Street Kids (SSSK) aims to raise awareness about the issues affecting street children, and to raise money for projects that work with and for children in difficult circumstances. Students Supporting Street Kids was set up in 1998 by two students, Johnny Glennie and Ben Phillips and today it is established in five branches in universities and schools, and it is being set up in several others.

E

Economics

This friendly and informal Society gives members the chance to learn more about the world of economics and about economics-related careers, with the opportunity to meet economists of the Bank of England to US Ambassadors. Frequent meetings will enable you to meet new people, discuss current economic affairs and pick up helpful information on a variety of topics. Find us at the Freshers' Fair or e-mail us for this fantastic opportunity.

Endeavour Orchestra

We are a non-auditioning orchestra and choir at Queen's Campus. We provide the opportunity for music enthusiasts to perform a variety of music from Thunderbirds to Mozart in a relaxed and enjoyable atmosphere. We meet weekly on Mondays and the Choir meets on Wednesdays in the Holliday building at Queen's Campus. We aim to perform concerts throughout the year in venues from the "Rocket Union" to Durham Cathedral or onboard the "Endeavour Boat".

English

DUES offers a means for all students and staff of the Department of English Studies to get to know each other through socials as well as through more academically-related activities such as theatre trips and guest speakers. The society is a great way to meet fellow-English students, though we welcome anyone with a general interest in the subject.

Ethnographic Film

Ethnographic films attempt to convey the fascinating diversity of human experiences and cultures around the world. They have traditionally been made by or in conjunction with anthropologists, but are also used as research and educational tools by other discliplines including human Geography and the Social Sciences in general. As a society we have a weekly film showing followed by the opportunity for discussion, as well as regular socials.

European Law

The European Law Students' Association (ELSA) brings together students who are interested in law; providing opportunities to work, study and socialise with lawyers across Europe. We organize a range of activities including the Student Trainee Exchange Programme (which enables members to obtain legal work experience in another country), mooting competitions, European exchanges and seminars and conferences.

F

FACE

FACE is a Society, an idea and an ongoing vision to create dynamic projects within the community based on Faith, Arts, Culture and Environment.

Fat Controller

The Fat Controller is a media organisation responsible for co-ordinating projects which will help students to work in media and the arts. If you are interested in a career in media or the arts then this society is for you.

Fight Racism Fight Imperialism

We are a fair and democratic society for Durham students and residents which aims to raise awareness about social and political issues covered by the FRFI newspaper, Via fund-raising and campaigning in Durham we aim to increase our own knowledge about social and political issues in the FRFI newspaper through group learning/discussions and inviting speakers to visit Durham.

Folk

The folk society aims basically to play folk music in pubs, dance at ceilidhs, go on rapper dance crawls around the local bars, go to folk festivals and generally have a good time. Last year we had Whapweasel, went to Cambridge for the Inter-Varsity Folk and Dance Festival, danced in every college bar, did a border morris display at 5am on May Day, held 3 ceilidhs and helped local Publicans put their children through college.

Football Supporters

We want people to be able to sit back with a drink in their hand and watch football. From the Champions' League to the Conference, we will be watching many a game on big screens around Durham. Also, if you fancy seeing any live matches we will give you some money to help you get at least part of the way there. You will also have the chance to listen to others talk their teams up and then have the chance to mock them when they lose.

Forum

A forum for free, unstructured debate, discussion and learning around a wide range of topics, from politics and current affairs to the place of the Political Left in society and its portrayal in film and other media.

Freefall

The Durham University Freefall Club caters for all levels of skydiver by arranging and subsidising first-jump courses for the complete beginner making their first jump and subsidising further jumps for those who wish to progress to become a fully-qualified skydiver! The club also caters for a good social scene within its members by holding regular socials and bar-crawls.

For up-to-date information check www.dsu.org.uk/societies/ »

Nothing for you here? Start your own society!

G

Geographical
DUGS is one of Durham's largest Academic Societies with approx 400 members. We are one of the most sociable too!!

German
Whether you are interested in the language and culture, or just have a taste for Bier and Bratwurst, then this is the society for you. Practice your German by coming to our regular film nights and meet other German speakers in a purely social setting, including the linguists' highlight of the year, the "Euroball". There is also the opportunity to show off your talent in our annual German play or to join us on our trip to Germany.

Go
We are a forum for the enjoyment, improving and discussions of playing Go. Go takes the simple elements of a board and different stones, mixes them with simple rules and creates an elegant and challenging game for two players. An introduction to Go, with examples, can be found on Sensei's Library at http://senseis.xmp.net .

H

Happily Ever After
The Happily Ever after Society is dedicated to happy films, chivalry and romance.

Hill Orchestra
We are the largest and most established non-auditioning orchestra in the University.. We pride ourselves in performing an exciting and extensive repertoire in several concerts throughout the year. Weekly rehearsals are on a Wednesday evening. You can discover more about the Orchestra by logging on to out website.

History
Durham University History Society is primarily an academic society that aims to provide anyone fascinated by History with the chance to pursue their interest. Throughout we hold guest lectures featuring well known academics and other interesting personalities. Each term the society organises a history trip, such as Hadrian's Wall and Edinburgh. We are the ONLY undergraduate society in the country to organise our own history conference!

History of Art
The History of Art Society was set up in 2004 upon realisation that, whilst in Durham, we missed the cultural escapades that we enjoy out of term time. Fortnightly, we host an evening with an art historian who gives an informal talk on a specific era. Last year we held trips to Paris and the Bowes Museum, and did a tour of Durham Cathedral.

Hong Kong
The Hong Kong Society aims to promote Hong Kong culture in Durham. Our main objective lies in the welfare of Hong Kong students. Socially, we strive to provide a meeting place for Hong Kong people in Durham. We plan to organise social gatherings, we also intend to organise events in Hong Kong such as pre-departure gatherings.

Improvised Comedy
The Improvised Comedy Society exists to allow students to try their hand at this unique performance art, as well as putting on performances for the rest of the university to come and enjoy. Anyone is welcome to become a member and have a go at our weekly workshops.

Instep Dance Company

This is a dance society to cater for all tastes and levels. We offer classes in a diverse range of styles. The emphasis is on joining in and having fun. We hold workshops in addition to about 20 weekly classes, and successfully compete in inter-university competitions. The year's highlight has to be our fantastic annual show where over 200 dancers combine to show off their talents.

For up-to-date information check **www.dsu.org.uk/societies/ »**

Investment & finance
The Invesment & Finance Group was established in 2003. Our aims are to educate members in financial matters.

Islamic
The Islamic Society serves to bring together the Islamic community within Durham University and provide the necessary facilities for Muslim students. The society has and will continue to establish a strong relationship with all elements within the University.

Italian
Benvenuti a tutti! The Italian society is a must for all who are interested in Italian culture and language. This society will fulfil all your needs. Improve your Italian at our coffee afternoons and film nights. Come to the annual Euroball, a university-wide event involving all language societies and make new friends while dancing the night away. Join the Italian Society by visiting us at the Freshers' Fair or by emailing us and we guarantee that you will not be disappointed!

J

Jewish
Jewish Society exists to provide religious, spiritual and social support to Jewish students at Durham. We hold frequent events. We are also frequently involved in interfaith and intercultural events. We have a Northern Chaplain who helps us out, and are affiliated with UJS, the National Union of Jewish Students. Jewish Society is open to students and staff of all faiths.

Join Me
They didn't know what they were joining, they didn't know why they were joining, but joining they were. This is not a cult, its a collective. Our aim is to make people happy, on Fridays specifically but any day will do.

K

Kendo

Durham University Kendo Club caters for all students. We have regular training sessions in the Hild-Bede gyms and also have a good social aspect too. We are fully affiliated with the British Kendo Association (BKA) and as such, our students can attend many of the competitions and gradings organised by the BKA. Oportunities to visit other clubs in the area are widely available.

Knitting
For people to get together and knit together, meet new people over a coffee and the clicking of needles and share our skills and ideas. We will promote the happy-making craft of knitting to the unconverted. Complete beginners are very welcome to come along and learn. Crocheters, please don't feel left out!

L

Labour Club
Durham University Labour Club is one of Durham's most active political societies. DULC aims to gain support for the Labour Party, its values and policies. We have special guest speakers, policy debate, great socials, and lots of campaigning! DULC is also affiliated to, and is active within, Labour Students, who run national campaigns on issues ranging from international development to sexual health.

Latin American
The Latin American Society aims to promote Latin American culture in Durham University and provide welfare to Latin American students. At the same time, it provides non-Latin American students the opportunity to meet Latin Americans and experience the culture. The Society also functions as a nexus for the practice of the Spanish, Portuguese and English languages.

Liberal Democrat Youth and Students
The LDYS is primarily a society in which like-minded students can meet and discuss politics. LDYS seeks to uphold and promote

Nothing for you here? **Start your own society!**

Lib Dem policy, provide a clear presence of Lib Dems, encourage membership, tackle apathy, develop and maintain links with the city party, and enjoy ourselves!

LINKS

The LINKS Society aims to promote access to First Aid training throughout the University. Simple First Aid procedures can save lives so we believe it is important for people to have the knowledge and confidence to use them when needed. The society is also a full St. John Ambulance Unit which gives members access to more advanced training courses and the opportunity to gain experience through providing First Aid cover at a variety of events.

M

Manga and Anime

The Manga and Anime Society meets twice a week to watch a wide range of Japanese animation. Additionally, we coordinate the sharing of DVDs and Manga between members, and organise occasional social get-togethers.

Mathematical

We are a society that tries to provide another side to University life. We provide a social setting to meet fellow mathematicians or just Maths-interested people, to get talking away from lectures. Previous items include bowling, quizzes, paintballing and trips to Countdown.

Meditation

The Meditation society offers regular meditation sessions in which we try to cultivate an awareness of the breath, mind and body. Unaffiliated with any particular religion, the aim is to develop a calmness, stillness and concentration through simple meditational techniques.

Methodist

Methsoc is a group of students who meet together in a spirit of Christian Fellowship. We are mainly, but by no means all, Methodists who meet every Sunday and Wednesday at Elvet Methodist Church. We engage actively in the community and with the local church. We hope to provide opportunities for Christian witness, both as a single society and within a larger Christian spectrum.

Mixed Martial Arts

Mixed Martial Arts is a discipline which encompasses all aspects of the combat sports. Not only does our syllabus include in depth coverage of the most practical elements of striking (Boxing, Muay Thai) and grappling (Wrestling, Jiu Jitsu), but we train for sport, fitness and the street. DUMMA is a club with a near legendary reputation; we have competed outside the University regularly against professional cagefighters.

Model UN

The Model United Nations Society at Durham is responsible for fielding delegations from Durham University to MUN conferences around the country. The Society helps students understand world issues, UN rules of procedure and the workings of the international political system. The Society endeavours to prepare students for these conferences. We hold weekly meetings to debate world issues to enable members to better understand international affairs.

Mostly Harmless

Mostly Harmless is a society which produces a current affairs publication. With the focus on sharp satirical writing and comment, the Society's publication aims to attract those interested in doing something innovative and exciting to get their opinions heard outside the existing bounds of Durham student journalism.

Motorsports

Whether you have petrol in your veins or just fancy watching cars on TV, we're the society for you! We watch Grand Prix races, have karting socials, go to motor shows, rallies and race meets and have regular socials, drives,

For up-to-date information check **www.dsu.org.uk/societies/ »**

bar crawls and BBQs. It's a great laugh and easy to get involved. For more info, email us, visit our website

N

Neighbours

G'Day mates! Join us for a Ramsay Street-tastic year of Neighbours appreciation! Get ready for some hilarious themed bar crawls, quizzes, Aussie BBQ and the screening of some classic Neighbours. Not only will we offer you the chance to look fantastic in the latest Neighbours Society stash and other paraphernalia, but also to (possible) meet visiting cast members. Come and see us at the Freshers Fair.

Nigerian

Nigerian Students Association exists to co-ordinate students of Nigerian nationality with home students as well as students of other nationalities. We also aim to promote unity and oneness among Nigerian students, home students and those of other nationalities. We seek to the courage of academic excellence, international understanding and friendship between Nigerians and students of other nationalities. Occasionally we organise social events.

Northern Ireland

Miss the home comforts of spides, "Yer Ma" and balaclavas? Or perhaps you want to hear more of that incomprehensible accent, Well, the Durham University Society for Northern Ireland has been set up so that anyone can get to know possibly the greatest bunch of people imaginable. Whether you are from Norn Iron or just have an interest in our "culture", you can have a bit of craic with people from both sides of the community. Join us!

O

Orchestral (DUOS)

DUOS is comprised of both a chamber and a symphony orchestra made up of the best orchestral players handpicked from the university. Our programmes are always varied and exciting, ranging from works such as Beethoven's 5th Symphony to Mussorgski's Pictures at an Exhibition. We hold regular concerts and have recently taken our members on tours to destinations such as Salzburg, Leipzig and Barcelona.

P

Pagan

We hope to provide pagan students with a place to socialise and discuss paganism and related areas. We try to promote toleration of pagan spirituality, and to inform both pagan and non-pagan students of what paganism really is. We also aim to celebrate contemporary paganism and to increase contacts among Durham pagans

People and Planet

People and Planet is Durham University student group of the larger People and Planet organisation, which consists of other university, college and sixth form groups who work together to campaign on global issues. At the centre of the society's principles is the desire to alleviate world poverty, defend human rights and protect the environment.

PEPSOC

This is one of the university-based groups that fundraise for a HIV/AIDS charity called PEPAIDS. This supports a Zambian HIV project, which is run by Zambians. They equip the people with the life skills to cope with cultural and economic pressures that put them at risk of HIV. PEPSOC aims to organise a range of fundraising events throughout the year.

Philosophy

The Philosophy Society aims to promote philosophical discussion and debate providing a forum where philosophy and pleasure can intermingle.

Photography

We recognise photography as a hobby, a technical skill and as an art. This society is a forum

Nothing for you here? **Start your own society!**

in which members can develop their photographic abilities. We are here for everyone with an interest in photography, we include film, darkroom and digital photography in all this. There are workshops, seminars with guest speakers. We also provide access to equipment. Throughout the year there are trips and socials, competitions and exhibitions

Pimm's

The Pimm's society is here to enhance people's awareness of the delightful beverage of Pimm's. The drink will be promoted as an all year round refreshment, and emphasis will be put on the more rare varieties of Pimm's. People will be enlightened about varieties of Pimm's, such as cups 2-6. The Pimm's society will promote not only the drink itself but the correct atmosphere for the drink to be enjoyed.

Pink

Pink Soc. aims to reflect the diversity of the LGBT community in Durham. Through its mailing list Pink Soc. puts on socials for everyone, be you lesbian, gay, bi, trans', undefined, unsure or a friend of the above. Pink Soc. is for everyone who doesn't like the idea that everything is always so straight.

Poker

Aim: to provide an opportunity to play poker on a competitive and social scale.

Pro-life

The Pro-Life Society stands for the belief that human life should be protected from conception until Natural death. We believe that acts such as Abortion, Euthanasia and embryonic stem cell research are wrong and infringe upon the basic right to life. It is our aim to address life issues in society that often overlooks them. We do not want to discriminate, and anyone who is interested is welcome to join.

Psychology

Psychology Society exists to allow students to learn from speakers about aspects of Psychology or Psychology-related careers not generally covered in their course and to give students from other courses the opportunity to come to talks that take their interest. We provide an opportunity for students to make links with speakers. Talks are given on a weekly basis and generally last about one hour with around fifteen minutes for questions afterwards.

R

Rock

The Rocksoc aims to promote rock music related events to members, through gigs in Durham, buses to gigs outside of Durham, DJ nights and other social events. It also provides information to members about local events related to rock music and has active forums for discussion of anything from music to toast.

S

Science Fiction and Fantasy

The Sci Fi and Fantasy Society exists for all your SF & F needs. Every Wednesday throughout the academic year...

Shorinji Kempo

Shorinji Kempo is a Japanese martial art, firmly rooted in the Zen tradition of buddhism. Its first principles are: self-defence, spiritual growth and a healthy body. Seiho (a therapeutic massage system to relax the muscles and relieve tension) and Zazen meditation (to calm the mind) are also taught.

Spanish

Whether you study Spanish, or are interested in Spain or Latin America or just want to have some fun, the Spanish Society is for you.

SPEAK

SPEAK is a network of students across the country who pray, campaign and act on issues of injustice whether locally, nationally or internationally. In Durham we have a wide scope of activity. We meet weekly to pray for and get informed about world issues. We also take part in global campaigns such as the 'Counting the Cost' arms trade campaign and the Trade Justice campaign. SPEAK also work with schools, prisons, local people and vulnerably housed people. By raising awareness on issues of injustice, we aim to share our faith and express God's heart for justice.

Speleological

The Society exists to promote and organize events around the sport of caving.

Student Film

Durham Student Film exists as a forum for all those who want to participate in any capacity in making a film. We support all types of creativity, imagination and artistic freedom. We encourage humour and experimentation in writing, camera work, lighting, music and editing, whilst allowing the members to progress to quality.

Student Theatre

Durham Student Theatre is the official voice and umbrella organisation for student theatre in Durham. Our purpose is to promote involvement with theatre and support the theatre community in Durham. We organise social events, theatre trips and workshops; liaising with the University Arts Funding Committee, and maintaining our website (www.dur.ac.uk/DST) and sending weekly emails about theatre auditions and events in Durham.

T

Tea and Biscuits

We conduct research on teas, tisanes, biscuits and cafes and apply to companies for tasting samples. All of our research is published on our webpage. We hold fantastic cafe crawls and socials including the Annual General Tea Party, the Charitea party and tasting events at tea shops. We aim to forge links with other tea-drinking cultures and protect the rights of tea-drinkers and biscuit lovers.

Team DUSSSK

The society exists to raise awareness of the charity SSSK through competing in sporting activities, the concept is that we will accept any challenge in any competitive field and produce a team who have not trained together and match a team who have. We also intend to have great socials that may or may not be combined with fundraising.

Theology

The society exists to enhance opportunities to discuss theological issues in an academic and social environment, including issues outside of the degree course. The society aims to have fun in Theology through speakers to social trips and events.

Treasure Trap

Treasure Trap is a live-action role-playing game – free from acting in a fantasy setting; no script, few rules your actions determine the outcome of each situation.

Turkish

The main objective of Turkish Society is to promote Turkish culture within the university and in Durham and help Turkish students in Durham with their welfare. Senior members of our society welcome requests from students who would like to study

For up-to-date information check www.dsu.org.uk/societies/ »

Nothing for you here? Start your own society!

in Durham University or have just started their studies. We organise social gatherings to promote Turkey and her culture as well as to develop a society support.

V

Voices
Durham University Voices is a recently formed music group and aims to provide a non-auditioning choir for keen singers.

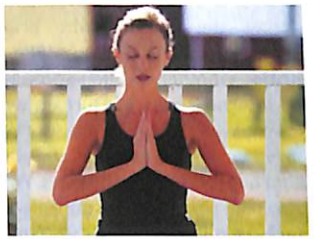
W

Whisky
DUWAS aims to bring together people from all backgrounds to discuss, compare, but mostly to enjoy the wide world of whiskies. As a society we endeavour to increase your knowledge of whisky, whilst providing a fun and sociable atmosphere throughout. We meet about once a week and aim to run events throughout the year.

Wine Tasting
We shall endeavour to increase your knowledge of international wines whilst at the same time providing a fun and sociable atmosphere. Meetings are held fortnightly with five or six wines on offer each occasion. Port tasting will be back by popular demand, as will a champagne tasting and the prestigious Christmas ball at Lumley castle.

Y

Yoga
The Yoga Society aims to introduce students to an enjoyable and safe form of exercise and relaxation. It is open to everyone, is non-competitive and great fun. There are several classes each week, suitable for all levels. Give it a try!



Union Society

the Union Society exists to stimulate debate and act as a forum for free expression, as well as somewhere to meet new people from across the university. The Union's primary activities are Friday Night debates, address speakers and competitive debating. This year they have 19 debates in Michaelmas and Epiphany on everything from student finance and euthanasia to the daily mail and doxbridge. Addresses confirmed with figures from politics, such as the former Home Secretary Lord Brittan and contraversial gay rabbi Lionel Blue. Away from the chamber they have social events including the Masquerade Ball at Auckland castle and Casino Royale night. **Membership is £29 for a year or £46 for life membership.**

www.dus.org.uk/

Queen's Campus Societies

Over the last year Queen's has seen a number of societies develop. Queens' Campus Societies are available for anyone to join, some free of charge but others with a membership fee to cover venue and equipment costs. JCR Societies are simple to create. All you need is a minimum of 6 people interested in joining, an understanding of what costs are incurred and a constitution (for which the Societies Officer can help). Part of DSU's review of societies will include improving provision for societies at Queen's Campus.

African Caribbean [JS]
Omorehia Giwa Osagie
omorehia.giwa-osagie@durham.ac.uk

Alternative Music [S]
James Jackson
qcalt.soc@durham.ac.uk

Anthropology [JS/S]
anthropology.udqc.society@dsu.org.uk

Chess [S]
Elango Sathiyamoorthy
elango.sathiyamoorthy@hotmail.com

Christian Medical Fellowship [JS/S]
Lucy Killick
Lucy.killick@durham.ac.uk

Christian Union [JS/S]
qc.christianunion@durham.ac.uk

Cocktail Society [S]
Jo Taylor
jo.taylor@durham.ac.uk

Debating [S]
k.j.phyo@durham.ac.uk

Drama/Theatre [S]
Societies Officer
k.j.phyo@durham.ac.uk

Fire Spinning [JS]
Callum Donald
c.donald@durham.ac.uk

Running [S]
Kirstin Hodgson
k.l.hodgson@durham.ac.uk

Squash [S]
William Lea
w.p.lea@durham.ac.uk

Street Dancing [JS]
Anesu
a.c.charamba@durham.ac.uk

Endeavour Choir [JS/S]
William Lea
w.p.lea@durham.ac.uk

Endeavour Orchestra [JS/S]
William Lea
w.p.lea@durham.ac.uk

Photography Society [S]
Kieren Phyo
k.j.phyo@durham.ac.uk

Poker [S]
Nikhil Dhand
nikhil.dhand@dur.ac.uk

Table Tennis [S]
Philip Chin
philip.chin@durham.ac.uk

Med Soc [JS/S]
Damien Leith
medsoc@dsu.org.uk

For up-to-date information check **www.dsu.org.uk/queens.societies/** »

wish you'd asked them out?
Wish you'd asked for their number?
Are they thinking the same thing about you?
Find out if someone you like is also keen to see you. It could be someone you've only very briefly met - you only need to know their first name.
Visit www.letsmeetagain.co.uk for more info.

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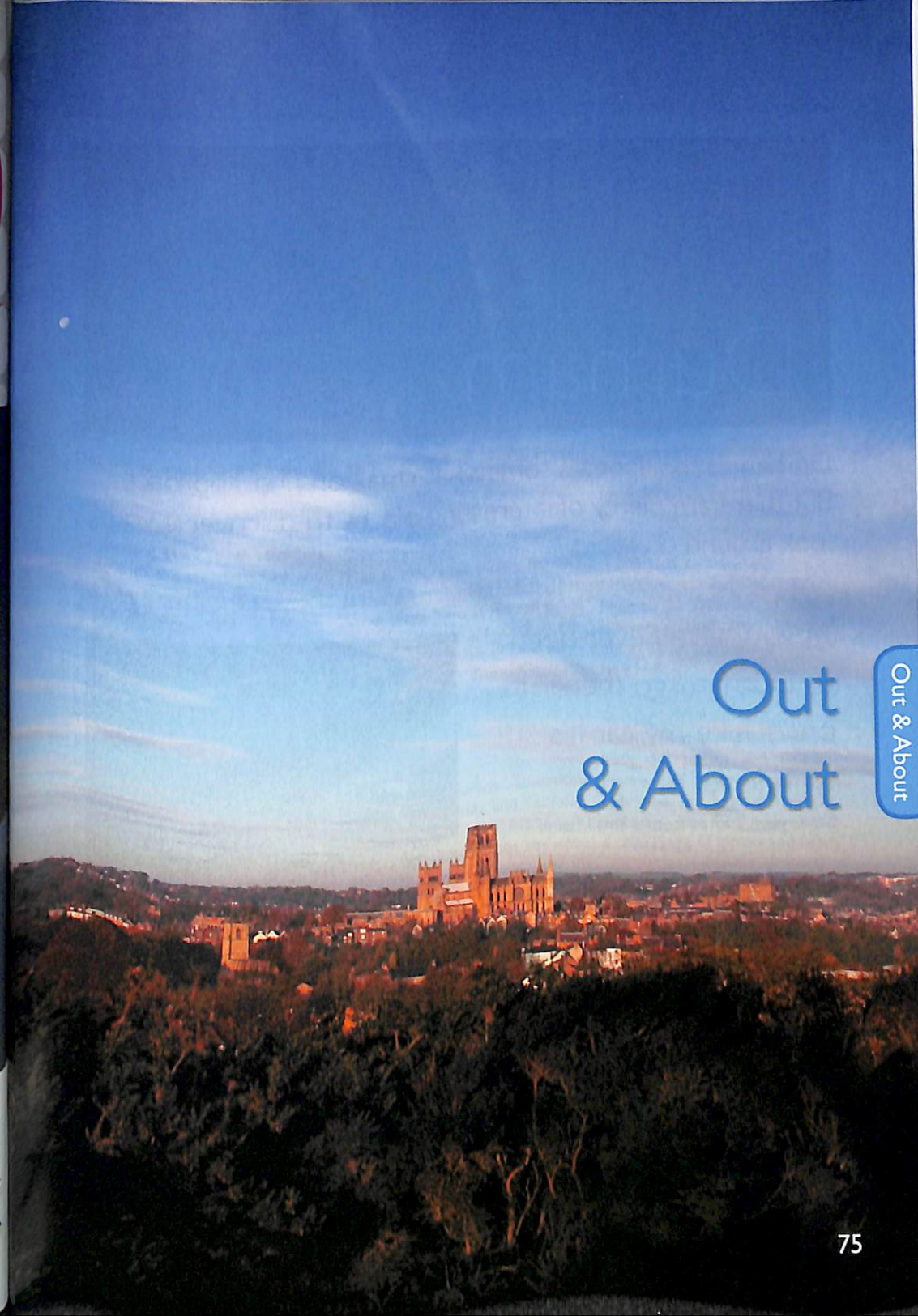
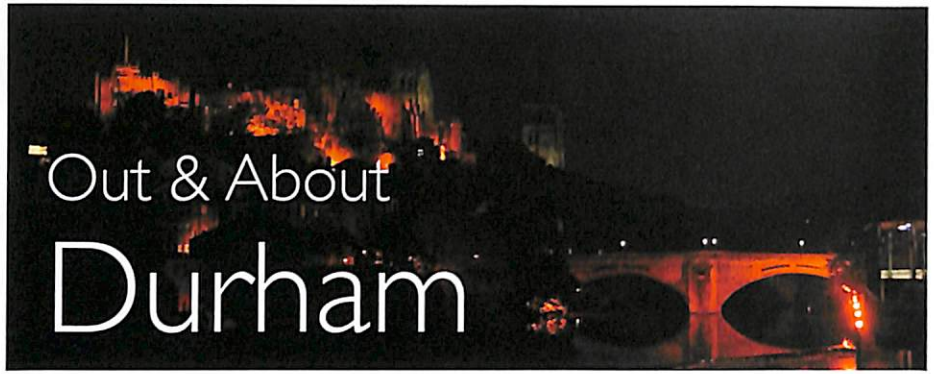


Out & About

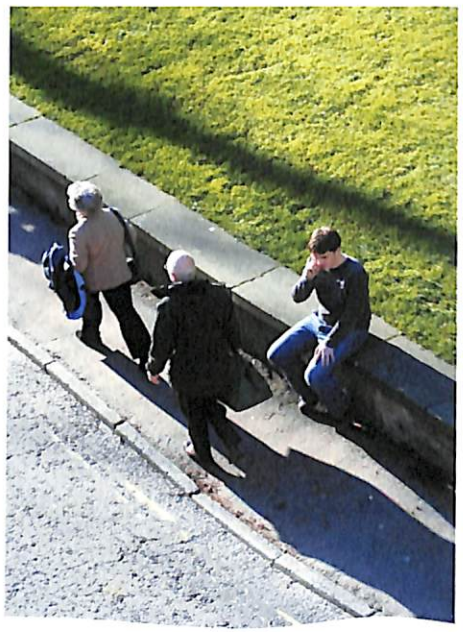


Out & About Durham

Durham often appears somewhat small on first approach, but there are plenty of interesting places to discover if you look around.

"If you have never been to Durham, go there at once. Take my car. It's wonderful"

Bill Bryson 'Notes from a Small Island'



Durham is a very beautiful city with a vibrant nightlife and reasonable selection of restaurants. What follows is not an exhaustive list, but a good selection of what you will find to drink, eat and see in Durham. Once you think you've done all there is to do in Durham remember Newcastle is only 10 minutes away on the train.

Bars

Jimmy Allen's
Elvet Bridge

This bar is named after a ghost who is said to haunt the area, but despite that, it's a great place for sitting, chatting, drinking - less so for dancing. They serve cocktails along with the standard fare and also have a selection of café food during the day. Entry is free at Jimmy's!

Chase
Under Elvet Bridge

This smaller club is located on the riverside and is noted for its cocktails, which are inventive and scrummy, by the glass or by the jug! It is right next to Jimmy's, and is also free to enter, though bear in mind the drinks aren't cheap.

Bar19
North Road

Monday and Wednesdays are student nights

Warehouse
Behind Market Square

This small bar is frequently used as a venue for society functions or private parties. It is quiet, and normally not so busy, but it's a nice place to go if you're bringing your own company.

24 North Bailey Club
North Bailey

This is the bar belonging to Durham's debating society, the Durham Union. It is small but comfortable and they serve up a wide selection of drinks, including a fair few shots.

Kingsgate
The Union

This is DSU's very own bar and is located in Dunelm House. They serve pizza here at a small price, and the drinks are very cheap. Remember as with all DSU services the profits from Kingsgate go back into welfare & societies.

The Jug
Claypath

This bar/restaurant advertises live jazz on Friday and Saturday nights, as well as Deep South Cuisine, available from the restaurant at the weekends, and in the bar at other times.

Hog's head
Saddler Street

At the bottom of the Bailey, this chain pub has a good selection of guest ales, such as Black Sheep, as well as a decent menu. There are also occasional live music acts.

The Shakespeare
Saddler Street

This place is very tiny, but the atmosphere is something unique. The beer isn't the cheapest, but the toasties and the atmosphere more than make up for that.

The Angel
Crossgate

The prices for beer are moderate here, and the environment is pop music free. This pub is frequented by students and locals alike.

The City
New Elvet

Next to the Half Moon Pub, this is a very pleasant little place, and not at all far from the Elvet Lecture Halls.....

Court Inn

Located within a short walk of both the prison and Dunelm House, this place serves good pub food and a tapas menu at lunchtime. The Court Inn stocks a wide range of bitters and lager.

Duke of Wellington
Neville's Cross

One can find nice Sunday lunches and a chilled atmosphere here, though it is out of the way unless you live in Neville's Cross.

The Dun Cow
Old Elvet

This place is a quiet local pub, and serves cheap lunches and reasonably priced drinks. It is also home to the Dun Cow challenge, which involves drinking 5, 10 or 20 pints

within a 2hr period- though not recommended!

The Fighting Cocks
North Road
This pub has a bit of a locals only reputation (maybe undeservedly), but serves reasonably priced drinks and also meals during the day.

Half Moon Inn
New Elvet
Close to Elvet Riverside, this pub is a favourite for watching sporting events, however it is not cheap. They serve up a nice range of sandwiches, and have a pleasant beer garden for those summer days.

Market Tavern
Market Square
Located in the Market Square, this quaint and friendly pub serves up real ales and was the founding place of Cuths – that doesn't seem so incongruous really!

New Inn
Church Street
This is a Scream pub with a contemporary atmosphere, and limited menu. Its location, very close to the science site and hill colleges, means it gets more attention than it may otherwise have done. It has a rather tacky feel about it, but it's great for watching football matches, especially if you live in a hill college.

O'Neill's
Claypath
This is an Irish Bar (no points for guessing), and has some regular bands nights, but be warned – it gets pretty packed here at the weekends.

The Swan & Three Cygnets
Elvet Bridge
These purveyors of Samuel Smith's fine products provide cheap and tasty lager and bitter. Bottled beers and spirits are also available, albeit not any brand you will have heard of. This pub is a perfect retreat for those lazy post-exam summer evenings, having ample seating both indoors and out. It's generally very popular with students. Reasonable food can also be had during the daytime.

Varsity
Saddler Street
This chain-pub is spacious, modern, and has great views from the balcony. A first stop for those wanting to watch sporting events, there are comfy couches and a large, affordable menu.

Wetherspoons
North Road
Standard Chain wetherspoons; has cheap drinks and a broad menu.

The Woodman
Gilesgate
With the occasional beer festival showing up on its doorstep, this pub is out of the way but has a large selection of ales and lager, as well as guest beers popping in and out frequently.

The Victoria
Hallgarth Street
a quiet place, old fashioned, nice fire- also has a wide selection of ales.

Yates'
North Road
A perfect copy of any other Yates', this one is not unique. On Friday and Saturday nights, this place gets a little busy and students tend to avoid it.

Vennels Bar
Saddler Street
This small bar is quiet and cosy, and is hidden away in old stone buildings. The low lighting and decent wine make it a great spot for couples.

Clubs

We don't have many of them, and what we do have is Cheese-heavy, but that leaves us to give all the more affection to the few clubs we do have. If you want some serious clubbing, head down to Newcastle.

Walkabout
North Road
This is one of Durham's larger clubs, and can get really jammed, packed with Durhamites, especially on Wednesday nights. Guaranteed to have some match or other playing on the live screen TV, this chain-club also serves up Australian food apparently. The club is connected to DUAU, and Wednesday nights see £1 from every entry going to Team Durham You'll either love it or hate it- maybe faux-Australian is your thing?

Studio
North Road
Located next to Walkabout, Studio has several floors of dancehall madness, each offering up a different beat. On Student nights, this place is packed out to the hilt! Also offers weekly RnB and indie nights.

Klute
Under Elvet Bridge
As Durham's student-only nightclub, Klute has a special place among the student population. Love it or hate it. There is a tiny dancefloor upstairs, known for its copious sweat precipitation, and a VIP (?) lounge downstairs. Its local infamousy has been spurred on by its second place position in Europe's worst club listing in FHM magazine- the place that won first burnt down!

Fish Tank
Neville Street
This is a variation from the norm, as it is an alternative music club, and doesn't do the standard Durham Cheese. This is your place if you're looking for live sets and jam nights. The bar isn't so cheap, but the great sets really more than make up for it.

DH1
North Road
Also known by it's old name of Rixies, DH1 is small, but offers up some rock and alternative nights.

Italian

De Medici
Elvet Bridge | 0191 386 1310
This is a nice moderately priced little restaurant. The food is pleasant but somewhat mediocre, and the service can be a little hostile.

Pizza Express
Saddler Street | 0191 383 2661
Durham's branch of this chain restaurant. On the expensive side, but food is.

Bistro Italiano
70 Claypath | 0191 383 0374
A very cosy little place, the food here is amongst the best Italian food to be found in the centre of Durham. The cost is moderate, and the atmosphere is very pleasant. It gets pretty busy here, so be prepared to wait a little.

Emilio's
Elvet Bridge | 0191 384 0096
One amongst many Italian eateries in our little city. The food served here is fairly nice but not cheap, and it is somewhat annoying that they refuse to serve tapwater – not desirable if you're on a budget.

Ricardo's
Hallgarth St. | 0191 384 4007
Small and always lively Ricardo's is a big hit with many students. Be sure to book in advance, especially if you are a large party, and bear in mind that, as with most Durham restaurants, the prices fall during Happy hour.

La Spaghettata
Saddler Street | 0191 383 9290
A favourite amongst Durhamites, this Italian place serves cheap, decent food. It is usually fairly busy, so be prepared to wait, but not normally for too long. The large table in Fabio's above it can be hired for group bookings.

Pizza Hut
Silver Street | 0191 386 1650
One perk is it's long serving hours comapred to other restau-

For up-to-date information check www.dsu.org.uk/guide/drink/ »

rants, i.e. in-between-meal times.

Bella Pasta
Silver Street | 0191 386 1060
Fairly standard food and service, but are able to cope with large group bookings better than many others in town.

Indian

Shaheens
North Bailey | 0191 386 1060
On the Bailey, opposite Hatfield College with friendly/cheeky service and a very pleasant offering of dishes. A very pleasant experience, at a reasonable price.

The Capital
69 Claypath | 0191 386 8803
This restaurant is probably the best for Indian food in Durham and the service is friendly too. It isn't the cheapest place, but is the food is definitely worth the price!

Rajpooth Tandori
Claypath | 0191 386 1496
As with the other Indian restaurants in Durham the food is good and the service attentive. What it lacks in dining experience it makes up for in late opening hours.

COST SAVING TIP:
Call and ask ahead about happy hours, when they are, and how much.

Chinese

New Kwai Lam
Saddler St | 0191 386 4726
Quite expensive and rather cosy, but very pleasant.

Dynasty Buffet
North Road | 0191 370 9180
Cheap, cheerful and little more than that. Look out for late night discounts on takeaway.

The Elephant
North Road | 0191 375 7333
Another cheap, cheerful and convenient chinese buffet. A good selection of dishes, but they make you pay for water.

Other Cuisine

Hollathan's
Elvet Bridge | 0191 386 4618
Its situation very near the Elvet Lecture halls make Hollathans excellent for a lunchtime stop-out, though not the cheapest place. The atmosphere is casual and relaxing and they serve up both light lunches in the form of paninis, to more substantial dishes.

The Pumphouse
Houghall | 0191 386 9189
This elegant restaurant, a short way out of the centre, serves up an excellent offering, the specialty here being seafood, though all the dishes are very good. As well as being one of the best restaurants in town, it is also one of the most expensive, look out for student deals!

Saddler Street Bistro
Situated in amongst the shops and restaurants on Saddler Street, near the Cathedral, this Bistro is a very pleasant place to go for some casual dinning and good food, at good prices.

Age Bar and Kitchen
72 Claypath | 0191 375 7750
This place is both a cosy and sophisticated place to dine and a pleasant bar, and is said to be haunted by a Ghost by the name of Agnes. The dishes served here are delicious, and the ingredients that make them up are locally sourced, for a truly local flavour!

Rock 'n' Amigos
84 Claypath | 0191 383 9001
This is advertised as 'Durham's finest Tex-Mex Restaurant', but stands little competition as it's our only such eatery.

Hide
39 Saddler St | 0191 384 1999
This is a nice restaurant, serving a nice range of cocktails alongside a decent menu in a contemporary venue.

Yoko Peppanyaki
69 Crossgate | 0191 383 2323
The food here is prepared right in front of you, and tastes great. Be warned, it is not cheap.

Seven Stars
Shincliffe | 0191 384 8454
This pub is locally renowned for its great home cooked dishes. It isn't cheap, but it is worth the price. The Seven Stars is not quite central though, so it's best to go by car- head out of Durham, keep

going past Maiden Castle, and it appears at the apex of a road junction.

Royal County
Old Elvet | 0191 386 6821
This is a hotel in Old Elvet that hosts two restaurants. The Marriott County Restaurant is the more expensive of the two, but serves a very pleasant spread.

Bistro21
Aykley Heads | 0191 384 4354
This is a very fine restaurant serving excellent food in a homely atmosphere. It is one of the more expensive places to dine, and is a graduation meal favourite.

Light Bites

Brown sugar
New Elvet | 0191 386 5050
this is a comfortable little café, very close to the Elvet lecture halls. You can get lunch here- a light sandwich to take out, or a more substantial meal to eat on the comfy sofas. Be careful – this place is a little pricey. The highlights here include the hot chocolate. After sunset, the cocktail menu takes over. Brown Sugar is open until 11pm.

Riverside Café
DSUs own café, located in the Union, is nice for an in-between-lecture snack, a cooked breakfast or a light lunch. The brownies that can be found in the Coffee Corner are divine!

The Picnic Basket
Not quite service with a smile, but there are many fillings to chose from to compensate, and they advertise fresh ingredients. Your completed sandwich will be modestly priced!
7 New Elvet | 0191 383 1967

Coffee houses
Durham has many resident Chain coffee bean roasters, such as Cafée Nero, as well a few independent little places, like The Almhouses, up on Palace Green.

Takeaway

Some of the restaurants listed above provide a take away service- call for details.

Other takeaway services are listed below.

Pizza Perfect
0191 383 1000

Pizza Uno
0191 386 8585

Pizza King
0191 386 4004

My Kinda Pizza
0191 384 5819

Century Chinese Take Away
0191 384 5601

Dragon Chinese
0191 383 1996

Gilesgate Tandoori
0191 383 9699

Belmont Tandoori
0191 383 1807

Taj Mahal
0191 378 0443

For up-to-date information check **www.dsu.org.uk/guide/eat/** »

COST SAVING TIP:
Always ask about student discounts as many places have them although they don't advertise it.

Entertainment

Cinema

The Gala Cinema is small, but it will do! Be sure to book ahead in the case of popular flicks. Also, remember to claim your student discount. Check online at www.galadurham.co.uk for listings.
To see a movie in a more informal setting for a fraction of the cost, Trevelyan Film Society and Hild Bede Film Soc have weekly showings of new movies.

Theatre

Durham has a fantastic reputation for student theatre. There are over 60 student theatre shows every year. Durham Student Theatre (DST) is the umbrella organisation for theatre. See their website for the listings: www.dur.ac.uk/DST.
The Gala Theatre and Theatre Royal in Newcastle are the largest theatres in the region and put on a diverse range of shows.

Museums

Durham Light Infantry Museum

Aykley Heads 0191 384 2214
www.durham.gov.uk/dli
This museum presents the history of the local regiment.

Museum of Archaeology

Old Fulling Mill 0191 374 3623
Owned by the University, this tribute to the local archaeological efforts is located on the riverside in the Old Fulling Mill.

Oriental Museum

Elvet Hill 0191 374 7911
This is the only museum in all of England to specialise in Asian art, antiques and material culture. It is owned by the University of Durham and houses a world renowned collection, spanning from human prehistory to modern times from the civilisations and cultures of Asia, Egypt, the Islamic area of North Africa and the Near and Middle East.

Durham Museum

North Bailey, 0191 386 8719
This museum houses titbits of local history, such as The Black Chair, used to transport sick schoolboys, and a cell from Durham Jail.

Durham Cathedral

Palace Green 0191 386 4266
Once voted Britain's favourite building in a radio 4 poll, this stunning piece of Norman architecture is really quite something to look at. Sitting high on the banks of the river, it is excellent for both short, informal musings and more structured tours. It is free to enter, though they lay on the guilt if you don't donate.

Guildhall and Town Hall

Market Place 0191 301 8490
The Guildhall, first built in the fourteenth century, was the original city town hall, until it was retired when it became too small for its growing operations. The Town hall was built to replace it in the mid nineteenth century, and currently houses a small exhibition on 'The Little Count', a fellow called Joseph Boruwlaski who was under 1m tall.

Riverside walk

The riverbanks of Durham Cathedral are picturesque to the full. Especially at the end of Spring, when every patch of ground springs to life with something green, or in winter, when the snow covers it all. Head in the direction of the cathedral and then take any route down to the banks, stroll and enjoy. For a picnic, there is a nice patch to rest near Prebends Bridge, on the cathedral side of the water.

Botanical Gardens

Hollinside Lane (through Grey College) 0191 374 7971
Owned by the university, these pleasant gardens are free to visit to all students. There is a coffee shop at the visitor centre, and all the gardens are wheelchair accessible.

Taking to the water

River Cruises 0191 386 9525
Rowing Boats 0191 386 3779
Durham's river, the Wear, winds through (and indeed, round) our little City. There are two principal ways to take to the water- either take one of the one-hour cruises on the Prince Bishop, or do it yourself by hiring a rowing boat.

Located near to the market town of Stockton-on-Tees Queen's Campus has plenty of bars and restaurants only a short walk away in Stockon or short bus ride away in Middlesbrough.

Local Amenities

In this section you will find a list of places to eat, drink and socialise around the local area. This is not an exhaustive list, but merely some places that we recommend to get help you through the first few weeks of University.

Yarm

Yarm, is a small town about 8-10 minutes from Stockton Town by car, it revolves around a quaint yet busy high street. The are a number of pubs and trendy wine bars for the students to explore. Pubs; The Black Bull and the George and Dragon, plus The Keys, a pub with a large lounge/bar area are students' favourites. In addition, the Keys is famous for it's disco... Hide and The River Lounge are not only great for food, but double as trendy wine bars to suit you young, chic students.

Middlesbrough

Middlesbrough is a 5-minute cab or train ride away, and offers you a great evening out. You'll find a number of pubs offering drinks promotions, real ale, entertainment nights and good value bar food. In town you'll find even more great bars and plenty of nightclubs and live music venues.

Shop/Entertainment

In addition to the student shop located in halls, you can do your weekly shopping in Stockton high street or at: Morrisons, Teesside Park; Tesco Extra, Durham Road; Asda, Portrack Lane; Iceland Stockton Town Centre; Bell's Stores, a smaller yet student-orientated store opposite John Snow College.

Teesside Retail Park is only 3-5 minute drive from the campus. There you will find shops to spend your student loan at including Outfit, Next and a range of others. In addition, you will find showcase cinemas, Hollywood Bowl and a casino to keep you entertained on an evening. There are numerous other shops found in Teesside Retail park including Toys'r'us, Boots, Marks and Spencers, PC World, WH Smith and many many more.

The Rocket Union

After a hard day of lectures all you really want to do is relax and have a great time with your friends. The first port of call would have to be The Rocket Union. The newly refurbished Union has a chilled and relaxed atmosphere, which is an ideal starting venue for a big night out or to just have a few quiet drinks with your mates. The Rocket boasts a variety of events throughout the week for you and your friends to enjoy from a Quiz night to Poker and pool tournaments, and of course live football on the many new plasma screens situated around the Union.

Not only is it an ideal venue for socialising, but also, why not take advantage of the various food options that The Rocket has to offer? For example, On a Monday why not try a juicy steak, or if you fancy a curry, head to The Rocket on a Friday. The Rocket has a vast menu which caters for all.

Eat

In Stockton, there are millions of takeaway shops serving you the usual pizzas, kebabs etc, and believe me you will get loads of menus through your letterboxes, I am sure the JCR officers and freshers' reps can recommend a few of these too you.

However, if you want something that is slightly more sophisticated, but still cheap then we would recommend.

Italian

Joe Rigtonis
Castlegate Quay, Stockton
01642 608253

Al Forno
27-31 Bridge Road, Stockton
01642 670880

Chinese

Peking Garden
15 Bridge Road, Stockton
01642 612121

Other Cuisine

Chadwick's
104 High Street
01642 788558

Hide
Fairfax Court, 32-34 High Street, Yarm.
01642 355558

McCoy's
44 High Street, Yarm.
01642 791234

McQuay's
84 High Street, Yarm.
01642 785808

Purple Onion
72-80 Corporation Road, Middlesbrough
01642 222250

Royal Bengal
4 Prince Regent St, Stockton
01642 674331

The River Lounge
661 Yarm Road, Eaglescliffe, Yarm.
01642 788800

Y'thai
4 High Street, Stokesley.
01642 710165

Sassari's
Linthorpe Road, Middlesborough

To Drink

You will never go short of places to drink in Stockton, Yarm or Middlesbrough. The main one of course being:

The Rocket Union
see the opposite page.

There are a few other top places to go for a night out

Aruba
Exchange Square

Ashes Bar
Stockton

Blue Lounge
208-210 Linthorpe Rd

Che Bar
Stockton

The Dubliners
Irish-theme pub

Moby Grape
Stockton

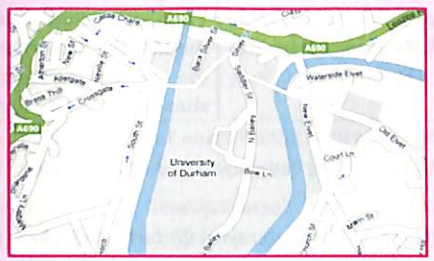
Walkabout
28-32 Corporation Road

Durham Colleges

Durham Campus

The historic city of Durham is the wonderful setting for 14 of the 16 Durham Colleges. With it's unmistakable Cathedral and Castle it truly is a very pretty city.

Check out the interactive maps of Durham and Queen's Campus at: www.dsu.org.uk/colleges/



Queen's Campus

The home of John Snow and Stephenson colleges, Queen's Campus was so named in the Queen's honour for her Jubilee in 2002. Although there is little to do on campus there are a wealth of options in Stockton and Middlesbrough only a short distance away.

It is about 28 miles from Durham City which can make involvement between the two campuses difficult. DSU and the University do work hard to prevent the distance being a problem. There is a regular bus between the two campuses, the timetable for which can be found at www.dsu.org.uk/campus.bus/.

For more information see the Out & About section page 73 »

Butler College

RECEPTION
0191 334 7260 | butler.college@dur.ac.uk

ADDRESS
Josephine Butler College,
South Road, Durham. DH1 3TQ

JCR PRESIDENT
Sam Wright
0191 334 7264
president@butlerjcr.com

MCR PRESIDENT : Owen Roberson
o.g.t.roberson@dur.ac.uk
SENIOR DSU REP : Simon Rowbotham
s.e.rowbotham@dur.ac.uk

PRESIDENT'S DESCRIPTION
Despite what people may try and tell you it's dead easy to find and CLOSE!! As the newest bar in Durham and the BIGGEST, Butler is the place to be!

LOCATION
On South Road, pass Collingwood on your left, carry on up the hill & turn left at the Park and Ride. Butler college (+mound) is right in front of you!

WHERE'S THE BAR?
The bar is right next to the mound. Walk into the main door of the College building and the double door in front of you leads straight to the bar!

COLLEGE MASTER : Adrian Simpson
0191 334 7261 | adrian.simpson@durham.ac.uk

SENIOR TUTOR : Michelle Crawford
0191 334 7263 | t.m.crawford@durham.ac.uk

BURSAR : Dr Jill Tidmarsh
0191 334 7262 | j.w.tidmarsh@durham.ac.uk

www.butlerjcr.com »

Collingwood College

RECEPTION
0191 334 5000

ADDRESS
Collingwood College,
South Road, Durham. DH1 3LT

JCR PRESIDENT
Andy Tickner
0191 334 5050
collingwood.president@dur.ac.uk

SENIOR DSU REP : Rachel Oxlade
r.h.oxlade@dur.ac.uk

PRESIDENT'S DESCRIPTION
With over 1,000 students Collingwood has a terrific atmosphere. Our bar, drama productions and sports teams are arguably amongst the best in Durham.

LOCATION
Go up the hill from the Science site. Pass Grey college (don't stop there!) and the entrance to Collingwood is on the left a bit further on.

WHERE'S THE BAR?
Go in through the main entrance, past reception and go down the stairs. The Coffee shop is to the left, the bar is down the corridor straight ahead.

COLLEGE PRINCIPAL : Jane Taylor
0191 334 5011 | jane.taylor@durham.ac.uk

SENIOR TUTOR : Steve Rayner
0191 334 5012 | s.m.rayner@durham.ac.uk

BURSAR : Michelle Crawford
0191 334 5013 | t.m.crawford@durham.ac.uk

www.dur.ac.uk/collingwood.jcr/ »

Grey College

RECEPTION
0191 334 5900 | grey.reception@dur.ac.uk

ADDRESS
Grey College,
South Road, Durham. DH1 3LG

JCR PRESIDENT
Lee Speakman
0191 334 5620
lee.speakman@dur.ac.uk

MCR PRESIDENT : Peter Swift (Acting)
g.p.swift@dur.ac.uk
SENIOR DSU REP : Tom Musgrave
e.a.smith@dur.ac.uk

PRESIDENT'S DESCRIPTION
A vibrant, friendly community, with excellent facilities, thriving art, drama and music scenes, and the best fireworks display in the city.

LOCATION
Set in beautiful landscaped grounds towards the bottom of the hill, overlooking the cathedral. First turning on the left after the Science Site.

WHERE'S THE BAR?
From the main entrance, through the double doors on the right, down the corridor, up the stone steps and on your left.

COLLEGE MASTER : Prof. Martyn Chamberlain
0191 334 5630 | martyn.chamberlain@dur.ac.uk

SENIOR TUTOR : Tony Cleaver
0191 334 5576 | tony.cleaver@dur.ac.uk

BURSAR : Karen Blundell
0191 334 5564 | karen.blundell@dur.ac.uk

www.dur.ac.uk/grey.jcr/ »

Hatfield College

RECEPTION
0191 334 2633 | hatfield.reception@dur.ac.uk

ADDRESS
Hatfield College,
North Bailey, Durham. DH1 3RQ

SENIOR MAN
Lorna Noble
0191 334 2640
l.j.noble@dur.ac.uk

MCR PRESIDENT : Nic Candlish
n.a.candlish@durham.ac.uk
SENIOR DSU REP : Kathryn Barnes
k.l.barnes@durham.ac.uk

PRESIDENT'S DESCRIPTION
Second oldest college in a beautiful setting. Lively, friendly & active students participating in many areas of uni life. Sporting success renowned!

LOCATION
As you are walking up the Bailey from the town centre keep going straight ahead and Hatfield is the first college you will find on your left hand side

WHERE'S THE BAR?
Once through the college gates go down the slope, turn left down the steps underneath the archway - you will find the bar ahead of you on the left

COLLEGE MASTER : Tim Burt
0191 334 2611 | t.p.burt@dur.ac.uk

SENIOR TUTOR : Penny Widdison
0191 334 2642 | p.e.widdison@dur.ac.uk

BURSAR : Martin Clemmett
0191 334 2614 | martin.clemmett@dur.ac.uk

www.dur.ac.uk/hatfield.jcr/ »

John Snow College

RECEPTION
0191 334 0034 | snow.college@durham.ac.uk

ADDRESS
John Snow College, Queen's Campus,
University Boulevard, Thornaby. TS17 6BH

JCR PRESIDENT
Siphiwosethu Deborah Ndlovu
0191 334 0148
siphiwosethu.ndlovu@dur.ac.uk

SENIOR DSU REP : Katie Lees
k.l.lees@dur.ac.uk

PRESIDENT'S DESCRIPTION
John Snow brings the traditional college system to the striking Queen's Campus. Snow has a hectic social and sporting calendar and great college spirit.

LOCATION
Snow College is located on Sorbonne Close in Thornaby-on-Tees, just across the road from Thornaby Train station and Tfm Radio Station.

WHERE'S THE BAR?
From Snow, walk out, head towards the patch of grass and mud next to Thornaby Station, cross that, climb the steps and voila! The Rocket!

COLLEGE MASTER : Professor Martyn Evans
0191 334 0071 | h.m.evans@durham.ac.uk

SENIOR TUTOR : Laura Wilson
0191 334 0569 | l.l.wilson@durham.ac.uk

BURSAR : David Fionda
0191 334 0041 | david.fionda@durham.ac.uk

www.snowjcr.com »

Stephenson College

RECEPTION
0191 334 0040 | stephenson@durham.ac.uk

ADDRESS
Stephenson College Residences, Princeton Drive
University Boulevard, Thornaby. TS17 6BH

JCR PRESIDENT
Courtney Stiven
0191 334 0149
stephenson.president@dur.ac.uk

SENIOR DSU REP : Jo Taylor
jo.tayor@dur.ac.uk

PRESIDENT'S DESCRIPTION
One of the biggest and best colleges at Durham University, but more specifically at Queen's Campus!

LOCATION
Stephenson College is located about a 5 minute walk away from Thornaby train station, on Princeton Drive.

WHERE'S THE BAR?
Leave Stephenson by the side entrance onto the road behind the sports pitch and carry on walking until you reach the footbridge over the train station.

COLLEGE MASTER : Adrian Darnell
0191 334 0040 | a.c.darnell@durham.ac.uk

SENIOR TUTOR : Nicky Guy
0191 334 0520 | n.c.guy@durham.ac.uk

BURSAR : David Fionda
0191 334 0014 | david.fionda@durham.ac.uk

www.dur.ac.uk/stephenson.jcr/ »

St.Aidan's College

RECEPTION
0191 334 5769 | l.m.cossey@dur.ac.uk

ADDRESS
St.Aidan's College,
Windmill Hill, Durham. DH1 3LJ

JCR PRESIDENT
Becky Lidster
0191 334 5807
r.j.lidster@dur.ac.uk

MCR PRESIDENT : Nick Boalch
n.g.boalch@dur.ac.uk

SENIOR DSU REP : Lucy Penrose
lucy.penrose@durham.ac.uk

PRESIDENT'S DESCRIPTION
One of the more down to earth colleges, Aidan's does not have a "typical" student. This diversity adds vibrancy and friendliness to our community.

LOCATION
Follow the hill up past the Science Site, cut through Mary's, head left towards the infamous steps.

WHERE'S THE BAR?
Take a right at the top of the steps, follow the road right round and enter opposite the pizza shop.

COLLEGE PRINCIPAL : John Ashworth
0191 334 5768 | john.ashworth@dur.ac.uk

SENIOR TUTOR : Dr Susan Frenk
0191 334 5822 | s.f.frenk@dur.ac.uk

www.st-aidans.com »

St. Chad's College

RECEPTION
0191 334 3358 | st-chads.www@dur.ac.uk

ADDRESS
St. Chad's College,
18 North Bailey, Durham. DH1 3RH

SENIOR MAN
Justin Leslie
0191 334 3355
j.c.leslie@dur.ac.uk

SENIOR DSU REP : Ayesha Allen
ayesha.allen@dur.ac.uk

PRESIDENT'S DESCRIPTION
Small, vibrant and idiosyncratic, Chad's has an unrivalled college spirit - sample it for yourself in the bar. Come and see what the fuss is about!

LOCATION
Being between Hatfield and John's, opposite the Cathedral and up from the Kingsgate Bridge, Chad's is easy to find. Look for the famous green door.

WHERE'S THE BAR?
Once through the main green door, take a left off the foyer, go into the quad and the bar's through the door in the corner; be careful of the stairs!

COLLEGE MASTER : Dr Joseph P. Cassidy
0191 334 3345 | j.p.cassidy@dur.ac.uk

SENIOR TUTOR : Dr Margaret Masson
0191 334 3354 | m.j.masson@dur.ac.uk

BURSAR : Christine Starkey
0191 334 3365 | christine.starkey@dur.ac.uk

www.dur.ac.uk/st-chads.jcr/ »

St. Cuthbert's Society

RECEPTION
0191 334 3400 | st-cuthberts.society@dur.ac.uk

ADDRESS
St Cuthberts Society,
12 South Bailey, Durham. DH1 3EE

SOCIETY PRESIDENT
Shane McBreen
0191 334 3398
cuthberts.president@dur.ac.uk

SENIOR DSU REP : Tristan Hemsley
cuthberts.dsu@dur.ac.uk

PRESIDENT'S DESCRIPTION
St Cuthbert's is the world's oldest undergraduate Society, founded by students for students, and involves the students directly in its management.

LOCATION
Cuth's has a twin-site at the end of South Bailey (near Prebends Bridge) while Parsons Field is off Old Elvet behind the University Health Centre.

WHERE'S THE BAR?
Cuth's Bar is at the end of the Bailey (over Prebends Bridge & thru the Green Gates) and our new Cafe-Bar at Parsons Field is based in Brooks House.

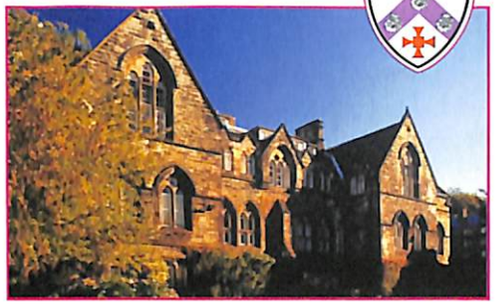
COLLEGE MASTER : Roy Boyne
0191 334 3404 | roy.boyne@dur.ac.uk

SENIOR TUTOR : Sharon Richardson
0191 334 3390 | sharon.richardson@dur.ac.uk

BURSAR : Chris Finnemore
0191 334 3408 | c.a.finnemore@dur.ac.uk

www.cuths.com »

St. Hild & St. Bede



RECEPTION
0191 334 8300 | hild-bede.src@dur.ac.uk

ADDRESS
College of St Hild and St Bede,
Leazes Road, Durham. DH1 1SZ

SRC PRESIDENT
Jon Broomhall
0191 334 8514
j.j.broomhall@dur.ac.uk

MCR PRESIDENT : Rich Demain-Griffiths
r.j.demain-griffiths@dur.ac.uk
SENIOR DSU REP : Matt Aldridge
m.j.aldridge@dur.ac.uk

PRESIDENT'S DESCRIPTION
Biggest means best.Hild Bede has the largest + most diverse college community, unrivalled grounds + facilities + the most successful clubs + societies

LOCATION
Set in 16 acres of beautiful grounds on the banks of the river Wear, Hild Bede is a five minute walk along the towpath from the town centre.

WHERE'S THE BAR?
Walk along towpath towards Maiden Castle, take the left after Baths Bridge, go up the steps and enter Caedmon Hall. The bar is upstairs on the left.

COLLEGE MASTER : Dr Alan Pearson
0191 334 8572 | j.a.pearson@dur.ac.uk

SENIOR TUTOR : Carol Carr
0191 334 8573 | c.a.carr@dur.ac.uk

BURSAR : John Hirst
0191 334 8554 | j.e.hirst@dur.ac.uk

www.hildbedesrc.com »

St. John's College

RECEPTION
0191 334 3500

ADDRESS
St. John's College,
3 South Bailey, Durham. DH1 3RJ

JCR PRESIDENT
Josh Heald
0191 334 3844
johns.president@dur.ac.uk

SENIOR DSU REP : Richard Kelly
johns.dsu@dur.ac.uk

PRESIDENT'S DESCRIPTION
John's is on the Bailey, but it's the people who make it stunning. You'll make amazing friends, have boundless opportunities, and love every moment.

LOCATION
John's straddles North and South Bailey, opposite the Cathedral college entrance, between St. Chad's and St. Cuth's.

WHERE'S THE BAR?
Enter through the Just World Shop, opposite the Cathedral arch. Give in your campus card, turn right, then head down one of the two sets of stairs.

COLLEGE MASTER : Revd Dr David Wilkinson
0191 334 3895 | david.wilkinson@dur.ac.uk

SENIOR TUTOR : Revd Dr Stephen Hampton
0191 334 3892 | s.p.hampton@durham.ac.uk

BURSAR : Dr Campbell Grant
0191 334 3889 | n.c.grant@dur.ac.uk

johnsjcr.org.uk »

St. Mary's College

RECEPTION
0191 334 5719 | stmarys.collsec@durham.ac.uk

ADDRESS
St Mary's College,
Elvet Hill Road, Durham. DH1 3LR

JCR PRESIDENT
Emma Thompson
0191 334 5940
e.l.r.thompson@dur.ac.uk

SENIOR DSU REP : Oeystein Sjoetveit
oeystein.sjoetveit@durham.ac.uk

PRESIDENT'S DESCRIPTION
With the most beautiful college buildings on the hill (by far!), Mary's is a little oasis of calm only 2mins walk from the Main Library & Science Site.

LOCATION
From the New Inn, walk up past Bow School on the left & the Science Site entrance on the right. Take the first left & follow the footpath up to Mary's.

WHERE'S THE BAR?
From the main entrance, turn left & go to the end of the corridor. Turn right, go through the doors, down the staircase & through more doors..taadaa!

COLLEGE MASTER : Jenny Hobbs
0191 334 5946 | j.l.hobbs@durham.ac.uk

SENIOR TUTOR : Dr Gillian Boughton
0191 334 5919 | g.e.boughton@durham.ac.uk

BURSAR : John Wright
0191 334 5942 | john.wright@durham.ac.uk

www.dur.ac.uk/st-marys.jcr/ »

Trevelyan College

RECEPTION
0191 334 7011 | trev.coll@dur.ac.uk

ADDRESS
Trevelyan College,
Elvet Hill Road, Durham. DH1 3LN

JCR PRESIDENT
Morven MacLoed
0191 334 7018
m.k.macleod@dur.ac.uk

MCR PRESIDENT : Matthew Middleton
m.j.middleton@durham.ac.uk
SENIOR DSU REP : Emma Carter
e.l.carter@durham.ac.uk

PRESIDENT'S DESCRIPTION
Famed for being hexagonal Trevelyan or "Trevs" is a friendly college with a great atmosphere and consistently gets the highest degree results.

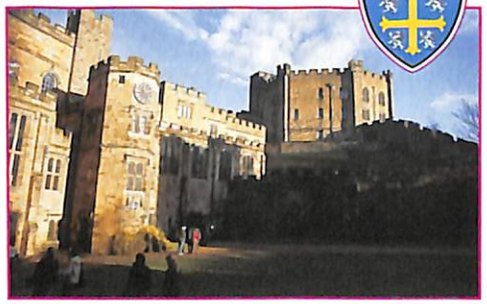
LOCATION
From City centre go towards the Science site, past the new inn and up South Road. Turn right on to Elvet Hill Road and Trevelyan is on the right.

WHERE'S THE BAR?
Enter through main doors and turn immediately left. Walk past reception and the bar is directly in front of you.

COLLEGE MASTER : Nigel Martin
0191 334 7045 | nigel.martin@dur.ac.uk
SENIOR TUTOR : Maggie Prestwich
0191 334 7048 | m.j.prestwich@dur.ac.uk
BURSAR : John Wright
0191 334 7001 | john.wright@dur.ac.uk

www.dur.ac.uk/trevelyan.jcr/ »

University College



RECEPTION
0191 334 4099

ADDRESS
University College,
Palace Green, Durham. DH1 3RW

SENIOR MAN
Annali Hayward
0191 334 4138
a.s.hayward@dur.ac.uk

MCR PRESIDENT : Anna Camillieri
a.f.camillieri@dur.ac.uk
SENIOR DSU REP : Catherine Humphrey
catherine.humphrey@dur.ac.uk

PRESIDENT'S DESCRIPTION
The oldest, most beautiful college in Durham is well worth a visit not just for the fantastic bar but also the friendly people who love the place.

LOCATION
Smack bang in the centre of Durham, Castle is the city's most prominent building, second to the awe-inspiring Cathedral across Palace Green.

WHERE'S THE BAR?
Go through the Gatehouse into the courtyard. There are 2 entrances either side of the Great Hall steps - looks like you're going down into a dungeon!

COLLEGE MASTER : Maurice Tucker
0191 334 4141 | m.e.tucker@dur.ac.uk
SENIOR TUTOR : Paula Stirling
0191 334 4139 | p.h.stirling@dur.ac.uk
BURSAR : Shona Millar
0191 334 4115 | shona.millar@dur.ac.uk

castle-jcr.dur.ac.uk »

Ustinov College

RECEPTION
0191 334 5470 | ustinov.college@dur.ac.uk

ADDRESS
Ustinov College,
Howlands Farm, South Road, Durham. DH1 3TQ

GCR PRESIDENT
Zubi Al-Zubi
zubi.zubi@dur.ac.uk

SENIOR DSU REP : Daniel Kolb
daniel.kolb@durham.ac.uk

PRESIDENT'S DESCRIPTION
We are the most vibrant college in whole of Europe, with more than 100 nationalities from all over the world. Ustinov is simply a legend...

LOCATION
Go up the hill (South Road) past Collingwood, you will see the(Park and Ride) to your left, go past Josephine Butler,..and Voila! You are in Ustinov.

WHERE'S THE BAR?
Enter the Reception, go past the first door, go left and you are in the BAR.

COLLEGE MASTER : Dr. Penny Wilson
0191 334 7232 | p.b.wilson@durham.ac.uk
SENIOR TUTOR : Theresa McKinven
0191 334 7233 | theresa.mckinven@durham.ac.uk
BURSAR : Tony Richmond
0191 334 7234 | tony.richmond@durham.ac.uk

www.dur.ac.uk/ustinov.gcr/ »

Van Mildert College

RECEPTION
0191 334 7100 | sharon.fairless@dur.ac.uk

ADDRESS
Van Mildert College,
Mill Hill Lane, Durham. DH1 3LH

JCR PRESIDENT
Neil Crimes
0191 334 7111
n.j.crimes@dur.ac.uk

MCR PRESIDENT : Stephanos Avakian
stephanos.avakian@dur.ac.uk
SENIOR DSU REP : Ed Smith
e.a.smith1@dur.ac.uk

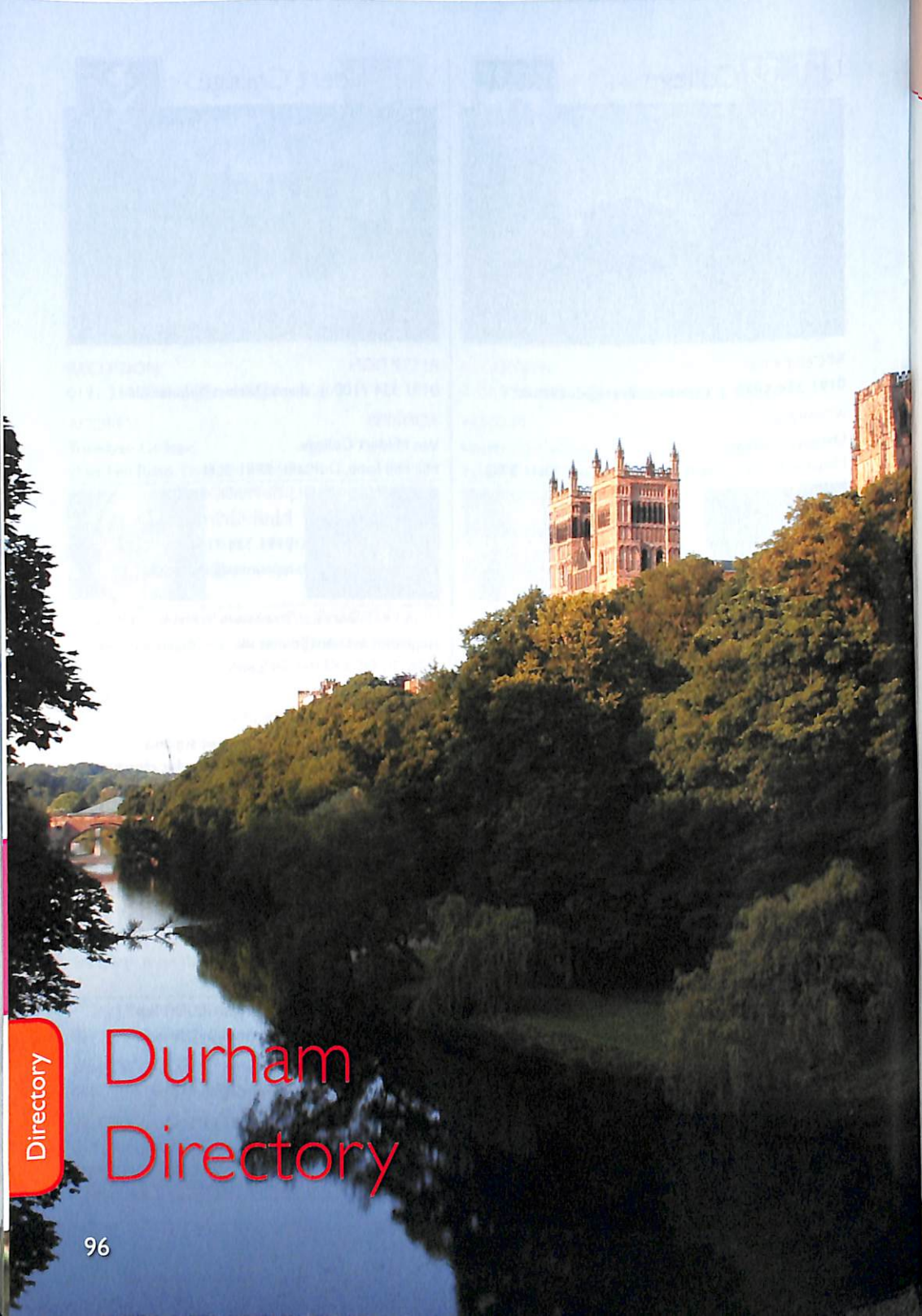
PRESIDENT'S DESCRIPTION
Relaxed atmosphere, high levels of student involvement, biggest raiser of money for chairty, no shared rooms and fantastic facilities.

LOCATION
Up South Road, past the Science Site, on your right.

WHERE'S THE BAR?
Past the lake, up the steps to the seating area and through the door.

COLLEGE MASTER : Prof. Patrick O'Meara
0191 334 7143 | patrick.o'meara@dur.ac.uk
SENIOR TUTOR : Petra Points
0191 334 7144 | petra.points@dur.ac.uk

www.dur.ac.uk/vm.jcr/ »



Durham Directory

Durham Directory

If calling any of the university internal numbers below from an external phone please prefix with (0191) 33.

Emergency Numbers

Police, Fire, Ambulance	9999
Hospital	0191 333 2333
University Emergency	43333
University Security	42222
Durham Police	0845 6060365
Health Centre	0191 386 5081
Gas Leaks	0800 111 999
Water Leaks	0191 384 4222

University

Switchboard (internal)	0
Switchboard (external)	0191 334 2000
Exams & Student Records	46435
Health & Safety Officer	42660
Old Shire Hall Reception	46111

Welfare

Nightline	46444
DSU Advice Centre	41775
Councelling Service	42200
International Office	46328
Health Centre	0191 386 5081
Accommodation Office	41770

Students' Union

Reception	41777
Fax	41778
President	41811
Education & Welfare Officer	41781
Treasurer	41809
General Office	41786
DUCK & SCA	41797
Palatinate	41799
Kingsgate	41807
Shop	41788
Catering Manager	41798
Events & Marketing Manager	41790

Other Student Organisations

Athletic Union	41699
Student Theatre	41419
Union Society	42203

Colleges

These are numbers for general enquiries: more College numbers are listed in the Colleges section.

Collingwood	45000
Ustinov	45476
Grey	45900
Hatfield	42633
St. Aidan's	45769
St. Chad's	43358
St. Cuthbert's	43400
St. Hild & St. Bede	48300
St. John's	43500
St. Mary's	45719
Trevelyan	47000
University	44099
Van Mildert	47100
John Snow	40034
Stephenson	40040
Butler	47260

Departments

Anthropology	46100
Archaeology	41100
Biological Sciences	41200
Chemistry	42076
Classics & Ancient History	41670
Computer Science	41700
East Asian Studies	45330
Economics	45200
Education (Durham Campus)	48310
Education (Queen's Campus)	40183
Engineering	42400
English	42500

Geography	41800
History	41040
Law	42800
English Language	43000
Mathematical Sciences	43050
Modern European Languages	43420
Music	43140
Philosophy	46550
Physics	43520
Psychology	43240
Theology	43940

Library

Main	43042
Palace Green	42932
Education	48137

IT Service

Helpdesk	41515

Other

Careers Advisory Service	41430
Waterstones Bookshop	41178
Elvet Riverside	41197
Graham Sports Centre	42178
Health Centre	0191 386 5081
Language Centre	42230
Oriental Museum	45694
Teikyo University	45122

Takeaway

Pizza Perfect	0191 383 1000
Pizza Uno	0191 386 8585
Pizza King	0191 386 4004
My Kinda Pizza	0191 384 5819
Century Chinese Take Away	0191 384 5601
Dragon Chinese	0191 383 1996
Gilesgate Tandoori	0191 383 9699
Belmont Tandoori	0191 383 1807
Taj Mahal	0191 378 0443

Restaurants

De Medici	0191 386 1310
Pizza Express	0191 383 2661
Bistro Italiano	0191 383 0374
Emilios	0191 384 0096
Ricardo's	0191 384 4007
La Spaghettata	0191 383 9290
Pizza Hut	0191 386 1650
Bella Pasta	0191 386 1060
Shaheens	0191 386 1060
The Capital	0191 386 8803
Rajpooth Tandori	0191 386 1496
Dragon	0191 384 8683
New Kwai Lam	0191 386 4726
Dynasty Buffet	0191 370 9180
The Elephant	0191 375 7333
Hollathans	0191 386 4618
The Pumphouse	0191 386 9189
Saddler Street Bistro	0191 370 9470
Age bar and kitchen	0191 375 7750
Rock 'n' Amigos	0191 383 9001
Hide	0191 384 1999
Yoko Peppanyaki	0191 383 2323
Seven Stars	0191 384 8454
Royal County	0191 386 6821
Bistro21	0191 384 4354
Brown sugar	0191 386 5050
The Picnic Basket	0191 383 1967

Taxis

City	0191 384 5113
Crampton's	0191 386 3630
Direct	0191 386 2002
Mac's	0191 384 1329
Paddy's	0191 386 6662
Phil's	0191 386 3840
Pratts	0191 386 0700
Talbot's	0191 377 3503

For up-to-date information check **www.dsu.org.uk/guide/** »

Travel

STA Travel	0870 166 2597
National Rail Enquiries	0845 748 4950
National Express	0191 261 6077

Video Rental

Blockbuster	0191 383 9196

Hotels

The Bridge	0191 378 0524
Neville's Cross Hotel	0191 384 3872
Road Chef Lodge	0191 377 3666
Royal County	0191 386 6821
Three Tuns	0191 386 4326
Victoria Hotel	0191 386 5269

Hairdressers

Men's

Alan's	0191 386 3559
The Barber Shop	0191 386 9353

Women's

Attica	0191 375 0001
Enzo's	0191 386 8768
Giggi's	0191 384 9790
Miro Salon	0191 386 1848
Saks	0191 384 3295
Toni & Guy	0191 384 1100

Bookshops

Waterstones	0191 383 1488

Banks

Abbey National	0845 765 4321
Barclays	0191 554 5400
Co-operative	0845 721 2212
Cheltenham & Gloucester	0191 384 4021
Halifax	0870 600 5000
HSBC	0845 740 4404
Lloyd's TSB	0845 300 0000
Natwest	0845 600 2803
Northern Rock	0191 386 8848

Medical

Doctors

University Health Centre	0191 386 5081
Claypath Medical Practice	0191 386 3848
Sherburn Surgery	0191 372 0441
Riverside Medical Practice	01642 604 117

Dentists

Primary Care Trust	0191 374 4131

Opticians

Alistair Wade Optometrist	0191 384 9770
Boots	0191 386 0017
Dolland & Aitchison	0191 386 7833
Specsavers	0191 383 9495
Vision Express	0191 383 2482
Walkers	0191 386 4187

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All College Presidents

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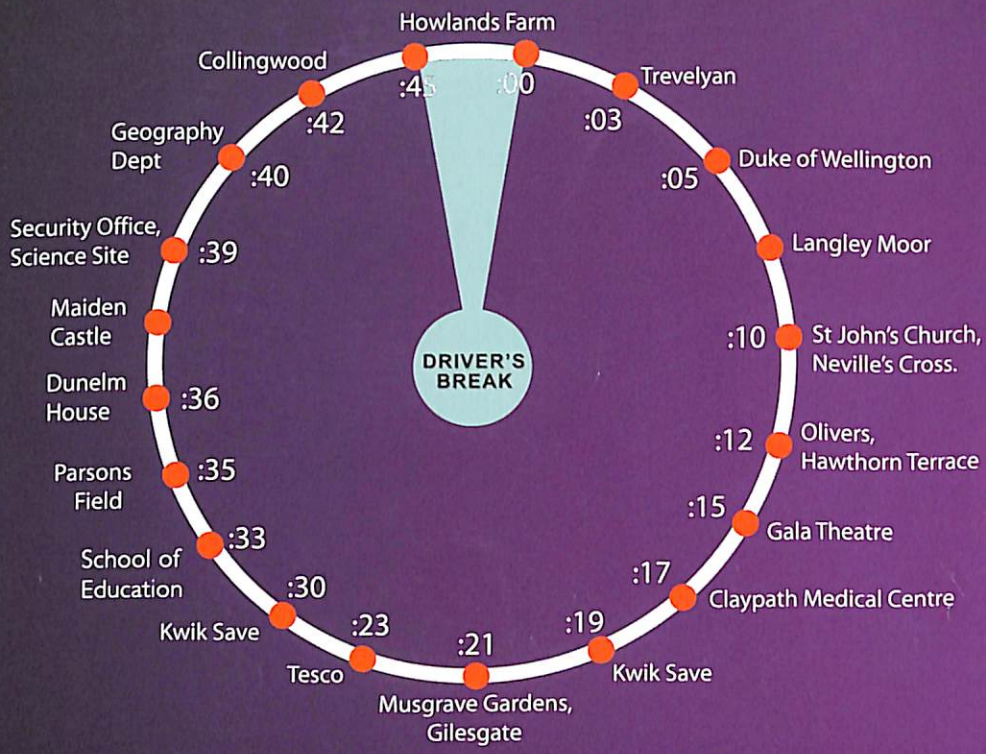
Nightbus Timetable



Driver's Mobile 07854 838890

50p Fare | Priority given to lone travellers

www.dsu.org.uk/nightbus